

APPENDIX 1. SLEEP REQUIREMENTS & PATTERNS

Age Group	Sleep Requirements (per 24-hour period)	Typical Sleep Patterns and Sleep Disturbances
Newborn	16–20 hours	2- to 4-hour periods separated by 1- to 2-hour intervals of wakefulness
Infant Up to 2 years	13–16 hours (2–3 hours of which occur during the day)	Nighttime sleep gradually consolidates over the first year into one single block of time Night awakenings periodic and often prolonged Bed resistance and nighttime fears common in toddlers (1–2 years of age)
2–5 years	Decreases from 13 hours at age 2 to 11 hours at age 5	Daytime naps shorten and become less frequent—usually eliminated by age 5 Night awakenings become less frequent Bedtime struggles may occur
6–12 years	Decreases from 10 hours at age 6 to 9 hours at age 12	Typically do not nap Bedtime struggles less frequent Sleep disturbances include daytime sleepiness, anxiety around sleep, shortened sleep duration, sleep-onset delay, night awakenings and sleep-disordered breathing

Sources:

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 Glaze DG. Childhood insomnia: why Chris can't sleep. *Pediatr Clin North Am* 2004; 51(1):33-50, vi.

