

## GENERAL SLEEP & PLAY REQUIREMENTS FOR BABIES

All babies are very different, and as such you may need to change these times to suit your baby's individuality. *This information should be used only as a guide.* Your baby's "tired signs" should be observed. Up to 4 months these may include the following:  
grizzling, jerky movements, fist clenching & sucking.

AGE	1-4 Weeks	4 weeks – 3 Months	3 – 4 Months	4 – 6 Months	6 – 8 Months	8 – 10 Months	10 – 12 Months	12 Months & Over
<b>GENERAL SLEEP/WAKE PATTERNS</b>	16 ½ hours in 24 hours. 4 day sleeps.	15 hours sleep in 24 hours. 3-4 day sleeps	8-10 hrs/night 2-3 day sleeps	8-10 hrs/night 2-3 day sleeps	12 hrs/night 2 day sleeps	12 hrs/night 2 day sleeps	12 hrs/night 2 day sleeps	11-12 hrs/night 1-2 day sleeps
<b>LENGTH OF "AWAKE TIME" Between day sleep</b>	Awake 1 Hour	Awake 1-1 ½ hours	Awake 2 hours	Awake 2 ½ hours	Awake 3 hours	Awake 3 ½ hours	Awake 4 hours	
<b>LENGTH OF DAYTIME SLEEPS</b>	In bed 1 ½ - 3 hours	In bed 1 ½ -3 hours	In bed 1 ½ -2 hours	In bed 1 ½ -2 hours	In bed 1 ½ -2 hours	In bed 1-2 hours	In bed 1-1 ½ hours	Total day sleeps = 2-2½ hrs. (1-2 hrs after 2 yrs)
<b>PLAY Baby's favourite toy is YOU</b>	Mobiles, faces, singing, music, colours	Cot beads, toy frames, rattles, soft toys, reading.	Balls, floor play, toy frames, toys to hold/touch, reading.	Teething toys, toys to transfer, encourage floor play, reading.	Bath toys, vocalizing, rattles, music, food, reading.	Peek-a-Boo, Jack-in-a-box, cloth books, moving toys, dolls.	Stacking blocks, playgroup, objects from kitchen cupboard, reading.	Puzzles, tables & chairs, dancing, sandpit, push/pull toys, reading, cardboard boxes.