



# Lullaby Magic

Sleep Consulting

**Amanda Israel, Baby & Toddler Sleep Consultant**  
**Is your baby getting enough sleep?**

Baby Age (In Months)	Sleep Needed Per 24 Hours	Daily # of Naps	Suggested Max Wake Times
>2	16-20	4+	.75-1 hr
3	15.5-16	4	1.5 hrs
4	15.5	4-3	1.75-2 hrs
5	15	3	2 hrs
6	14.5	3-2	2.5 hrs
7	14-14.5	3-2	2.75 hrs
9	14-14.5	2	3 hrs
10	14	2	3-4 hrs
11	13.5-14	2	<i>(May be longer if reduced to 1 nap)</i>
12	13-13.5	2-1	
15	13-13.5	2-1	5-6.5 hrs
2yrs	12-12.5	1	
3-5yrs	11-12.5	1-	

**Call me for a free consultation!**

**267-585-2906**

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