



Find out about the ideal sleep rhythm For baby *between 0 and 3 years*

From birth to the age of 3, **your baby's sleep rhythm will vary a lot.** At the beginning they will sleep up to 16 hours a day, and then their rests slowly become further apart until they have adapted to a day/night rhythm. Each baby is unique and will reveal themselves to be someone who needs a lot of sleep or otherwise! Table lists average values:
let baby find their own rhythm.



	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	Total time sleep	
1 st week																										4pm
1 st month																										3pm
3 rd month																										3pm
6 th month																										3pm
1 year																										2pm
3 to 5 year																										12pm

