

**Average Sleep Needs**

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| **Age** | **Average Number of Hours Needed** |
|  | **Night–time** |  **Daytime** |
| 12 months | 11 ½ | 2 ½ |
| 2 Years | 11 ¾ | 1 ¼ |
| 3 Years | 11 | 1 |
| 4 Years | 11 ½ | - |
| 5 Years | 11 | - |
| 6 Years | 10 ¾ | - |
| 7 years | 10 ½ | - |
| 8 years | 10 ¼ | - |
| 9 years | 10 | - |
| 10 years | 9 ¾ | - |
| 11 years | 9 ½ | - |
| 12 years | 9 ½ | - |
| 13 years | 9 ¼ | - |
| 14 years | 9 | - |
| 15 years | 8 ¾ | - |
| 16 years | 8 ½ | - |