



## *Eyes Open, Ears On*

AGE OF CHILD	AVERAGE SLEEP-TIME (naps and nighttime)	WEAR-TIME GOAL
0-3 months	16-17 hours	6 hours
3-6 months	14-15 hours	8 hours
6-12 months	13-14 hours	9 hours
1-3 years	12-14 hours	10 hours
3-4 years	11-14 hours	11 hours
Older than 4 years		12 hours

Adapted with permission from Hearts for Hearing