

¿Cuántas horas debe dormir?



SUEÑO DIURNO



SUEÑO NOCTURNO



TOTAL HORAS SUEÑO

0-3 meses

7 - 9 horas

8 - 9 horas

16 - 18 horas

4-6 meses

3 - 4 horas

10 - 12 horas

14 - 15 horas

6-8 meses

3 horas

11 - 12 horas

14 horas

8-12 meses

2 - 3 horas

11 - 12 horas

14 horas

12-18 meses

2 - 3 horas

11 - 12 horas

13 - 14 horas

18-24 meses

2 horas

11 - 12 horas

13 - 14 horas

2 - 3 años

1 - 2 horas

11 - 13 horas

12 - 14 horas

Sueno Para Dos

RD Boyd



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