



Le sommeil



PÉRIODE DE VIE	TRANCHE D'ÂGE	NB MOYEN D'HEURES DE SOMMEIL NÉCESSAIRES /24H	NB MOYEN D'HEURES DE SIESTES NÉCESSAIRES /24H
Nouveau-né	0-3 mois	14 / 17 h	3 / 10 h
Nourrisson	4-11 mois	12 / 15 h	1 / 4 h
Bébé	1-2 ans	11 / 14 h	1 / 2 h
Âge préscolaire	3-5 ans	10 / 13 h	0 / 1 h
Âge scolaire	6-13 ans	9 / 11 h	0 h*
Adolescent	14-17 ans	8 / 10 h	0 h*
Jeune adulte	18-25 ans	7 / 9 h	0 h*
Adulte	26-64 ans	7 / 9 h	0 h*

Le Sommeil De Lenfant

Guillaume Favre



Le Sommeil De Lenfant:

The Enigmatic Realm of **Le Sommeil De Lenfant**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Le Sommeil De Lenfant** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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