

# SLEEP GUIDELINES

## NAP & SLEEP CHART

AGE	# of NAPS	NAP LENGTH	NIGHT SLEEP	TOTAL HOURS
Newborn	3 – 5 naps	45 minutes – 3 hours	8 – 9 hours	16 – 18 hours
2 – 4 months	3 – 4 naps	45 minutes – 3 hours	9 – 10 hours	14 – 16 hours
4 – 6 months	2 – 4 naps	1.5 – 2.5 hours	10 hours	14 – 15 hours
6 – 9 months	2 – 3 naps	45 minutes – 2 hours	10 – 11 hours	14 hours
9 – 12 months	2 naps	45 minutes – 2 hours	10 – 12 hours	14 hours
12 – 18 months	1 – 2 naps	1.5 – 2.5 hours	11 – 12 hours	13 – 14 hours
18 – 24 months	1 nap	1.5 – 2.5 hours	11 hours	13 – 14 hours
2 – 3 years	1 nap	1 – 2 hours	10 – 11 hours	12 – 14 hours
3 – 5 years	0 – 1 nap	1 – 1.5 hours	10 – 11 hours	11 – 13 hours
5 – 12 years	0	0	10 – 11 hours	10 – 11 hours

## BABY AWAKE TIME

AGE	AWAKE TIME BETWEEN NAPS & BEDTIME
Newborn	20 – 40 minutes
1 month	45 – 60 minutes
2 months	60 minutes
3 months	1 hour – 1.5 hours
4 months	1.25 hours – 1.75 hours
5 months	1.5 hours – 2 hours
6 – 9 months	2 – 3 hours
9 – 12 months	3 - 4 hours
1 – 2 years	4 – 5 hours
2 – 4 years	5 – 6 hours

AGE	BEDTIME RANGE
Newborn	20 – 40 minutes
1 month	45 – 60 minutes
2 months	60 minutes
3 months	1 hour – 1.5 hours
4 months	1.25 hours – 1.75 hours
5 months	1.5 hours – 2 hours
6 – 9 months	2 – 3 hours
9 – 12 months	3 - 4 hours
1 – 2 years	4 – 5 hours
2 – 4 years	5 – 6 hours

## BEDTIME GUIDE