

AGE	WAKE WINDOW	NUMBER OF NAPS	TOTAL NIGHTTIME SLEEP	TOTAL HOURS OF SLEEP
Birth – 6 weeks	45 – 60 minutes	4 – 5 naps	9 – 12 hours	18 – 20 hours
6 – 8 weeks	60 – 75 minutes	4 – 5 naps	9 – 12 hours	16 – 18 hours
2 – 3 months	60 – 75 minutes	4 – 5 naps	9 – 12 hours	15 – 18 hours
3 – 4 months	75 – 90 minutes	3 – 4 naps	10 – 12 hours	12 – 15 hours
4 – 6 months	1.5 – 2.5 hours	3 – 4 naps	10 – 12 hours	12 – 15 hours
6 – 9 months	2 – 3 hours	2 – 3 naps	10 – 12 hours	12 – 14 hours
9 – 12 months	approx. 3 hours	2 naps	10 – 12 hours	12 – 14 hours
12 – 18 months	3 – 4 hours	1 – 2 naps	10 – 12 hours	12 – 14 hours
18 months – 3 years	4 – 5 hours	1 nap	10 – 12 hours	11 – 14 hours