

BABY & TODDLER SLEEP CHART

AGE	WAKE WINDOWS (HOURS)	TOTAL SLEEP GOAL (HOURS)	NIGHT TIME SLEEP (HOURS)	NUMBER OF NAPS	MIN-MAX NAP TIME
1 month or younger	0.5 - 1	16 - 20	11	4	25min - 3 hours
1-2 months	0.75 - 1	16 - 18	11 - 12	4 - 3	30min - 2.5 hours
2-3 months	1 - 1.5	15.5 - 18	11 - 12	4 - 3	45min - 2 hours
4-5 months	1.75 - 2	15 - 15.5	11 - 12	4 - 3	30min - 2.5 hours
6-7 months	2.25 - 2.75	14 - 14.5	11 - 12	3 - 2	45min - 2 hours
8-9 months	2.75 - 3	14 - 14.5	11 - 12	3 - 2	45min. - 2 hours
10-11 months	3 - 4	14 - 14.5	11 - 12	2	45min. - 2 hours
12-13 months	3 - 6.5	14	11 - 12	2	45min. - 2 hours
14-15 months	3 - 6.5	13.5 - 13.75	11 - 12	2 - 1	45min. - 2.5 hours
16-24 months	4.5 - 6.5	12 - 13.5	11 - 12	2 - 1	45min. - 2.5 hours