

MY BABY'S SLEEP - QUICK REFERENCE GUIDE

Age	Number of Naps	Duration of Naps	Time Awake	Bedtime	Hours of Nighttime Sleep	Total Hours of Sleep per Day
Birth - 6 weeks	4 - 6	30 mins - 4 hrs	45 mins - 1 hr	8:00 - 10:00 pm	10 - 12	15 - 18 hrs
6 - 10 weeks	4 → 3	30 mins - 2 hrs	1 hr - 1.5 hrs	7:00 - 9:00 pm	10 - 12	12 - 16 hrs
11 - 15 weeks	3	30 mins - 2 hrs	1.5 hrs	7:00 - 9:00 pm	10 - 12	12 - 16 hrs
4 - 5 months	3	1 - 2 hrs	2 hrs - 2 hrs 20 mins	7:00 - 8:00 pm	10 - 12	12 - 15 hrs
6 - 7 months	3 → 2	1 - 2 hrs	2.5 - 3 hrs	7:00 - 8:00 pm	10 - 12	12 - 15 hrs
8 - 10 months	2	1 - 2 hrs	3 hrs	7:00 - 8:00 pm	10 - 12	12 - 14 hrs
11 - 12 months	2	1 - 2 hrs	3.5 - 4 hrs	7:00 - 8:00 pm	10 - 12	12 - 14 hrs
13 - 18 months	2 → 1	1 - 2 hrs	3.5 - 4.5 hrs	7:00 - 8:00 pm	10 - 12	12 - 14 hrs
18 months - 2.5 years	1	1 - 3 hrs	4.5 - 5.5 hrs	7:00 - 8:00 pm	10 - 12	12 - 14 hrs
2.5 - 3 years	1 → 0	1 - 3 hrs	5.5 hrs	7:00 - 8:00 pm	10 - 12	12 - 14 hrs

→ Denotes a transition from the higher number of naps to the lower number midway through the age range.

Most of our recommendations are to drop the nap by the age of 3 - sometimes as early as 2.5.