

# Baby Sleep Cheatsheet

Babies have developmentally typical ranges for all matters of sleep. Some babies have high sleep needs and some have low sleep needs, but the averages are a great place to start when determining the right amount of sleep for your child.

Age	# of Naps	Nap Length (hours)	Day Sleep Total (hours)	Night Sleep (hours)	Total Sleep per Day (hours/24 hour period)
Birth - 3 months	varied	0.25 - 4	varied	varied	12 - 18
3 months	3 - 4	0.5 - 2	4	8.5 - 10	12.5 - 14
6 months	2 - 3	0.75 - 2	3 - 4	9 - 10	11.5 - 13.5
9 months	2	1 - 2	2.75 - 3	9.5 - 11	11.25 - 13.25
12 months	1 - 2	1 - 2.5	1.5 - 2.5	9.25 - 10.5	10.75 - 12.5
18 months	1	1 - 2.5	2 - 2.5	9 - 11	11 - 13
2 years	1	1 - 2	1.75 - 2	9.75 - 11	11 - 12 (11 - 13 w/nap)
3 - 5 years	0 - 1	1 - 2	0-1.5	9.75-11.25	10.25 - 11.75 (10 - 12.5 w/nap)

## Signs your baby/toddler may not be getting the right amount of sleep -

- Your baby/toddler has split nights - periods of alertness/awakeness at night
- Your baby/toddler delays bedtimes and nap times after the routine has been established
- Your baby/toddler has random bedtimes, naptimes and morning wake times

## These are *not* signs of baby/toddler sleep issues -

- Your baby/toddler practices gross motor skills at night (stands, rocks)
- Your baby/toddler is babbling, cooing, and squalling at night
- Your baby/toddler sleeps less than the high end of the sleep range

