

Total Sleep Needs



	#NAPS	NAP DURATION	BEDTIME	HOURS OF DAY SLEEP	HOURS OF NIGHT SLEEP	TOTAL SLEEP PER DAY
BIRTH - 6 WEEKS	4-6	30min - 3 hrs	8:00-10:00pm	5-6	10-12	15-18hrs
6 WEEKS - 3 MONTHS	4 → 3	30min - 2hrs	7:00-9:00pm	5	10-12	12-16hrs
3-6 MONTHS	3	1-2 hrs	7:00-8:00pm	3-5	10-12	12-15hrs
6-9 MONTHS	3 → 2	1-2 hrs	7:00-8:00pm	2.5-3.5	10-12	12-15hrs
9-12 MONTHS	2	1-2 hrs	7:00-8:00pm	2-3	10-12	12-14hrs
12-18 MONTHS	2 → 1	1-3hrs	7:00-8:00pm	1.5-2	10-12	12-14hrs

