



Sleep Guide Chart

AGE	NAPS	NIGHT	TOTAL
Newborn - 2 Months	3 - 5 naps	8 - 9 hours	16 - 18 hours
2 to 4 Months	3 naps	9 - 10 hours	14 - 16 hours
4 to 6 Months	2 - 3 naps	10 hours	14 - 15 hours
6 to 9 Months	2 naps	10 - 11 hours	14 hours
9 to 12 Months	2 naps	10 - 12 hours	14 hours
12 to 18 Months	1 - 2 naps	11 - 12 hours	13 - 14 hours
18 to 24 Months	1 nap	11 hours	13 - 14 hours
2 to 3 Years	1nap	10 - 11 hours	12 - 14 hours
3 to 5 Years	0 - 1 nap	10 - 11 hours	11 - 13 hours
5 - 12 Years	n/a	10 - 11 hours	10 - 11 hours