



BABY SLEEP SCHEDULE SUMMARY

BABY'S AGE	NUMBER OF NAPS	NAP DURATION	DAYTIME SLEEP HOURS	NIGHTTIME SLEEP HOURS	NIGHTTIME SLEEP HOURS IN A STRETCH	TOTAL SLEEP HOURS
Birth to 6 weeks	Varies	20 min to 3 hours	Varies (typically 7—9 hours)	Varies (typically 8—9 hours)	2—3 hours	15—17 hours
2 months	3-5	30 min to 3 hours	7—9 hours	8—9 hours	4—6 hours	14—16 hours
3 months	3-4	30 min to 2 hours	4—8 hours	8—10 hours	6 hours some-times	14—16 hours
4 months	3-4	1—2 hours	3—6 hours	9—10 hours	6—8 hours sometimes	12—16 hours
5—6 months	2-3	1—2 hours	3—4 hours	10—11 hours	10—11 hours sometimes	12—16 hours
7—8 months	2	1—2 hours	3—4 hours	10—12 hours	10—12 hours maybe	12—16 hours
9 months	2	1—2 hours	3—4 hours	10—12 hours	10—12 hours often	12—16 hours
10—12 months	2	1—2 hours	3—4 hours	10—12 hours	10—12 hours usually	12—16 hours