



How much sleep should your child be getting?

0-3 months

18-20 hours per 24 hour period
4-6 naps a day
45 min of awake time between naps

3-4 months

17-18 hours
3-5 naps a day
1 hour - 1.5 hours of awake time

5-6 months

15-16 hours
3-4 naps
2-3 hours of awake time

7-13 months

14-15 hours
2 naps a day
3-4 hours of awake time

14 months-3 years

12-14 hours
1 nap a day