

Wake Times By Age

1 Month	1 Hour
2 Months	1.25 Hours
3 Months	1.5 Hours
4 Months	1.75-2 Hours
5 Months	2.25 Hours
6 Months	2.5 Hours
7 Months	2.75 Hours
8 Months	3 Hours
9 Months	3.25 Hours
10 Months	3.5 Hours
11 Months	3.75 Hours
12+ Months	4 Hours
2 naps		
12+ Months	5-6 Hours
1 nap		

This is just a guide, it may vary depending on your child's sleep needs.
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How Many Naps Per Day

0-2 months	4+ naps
3-4 months	3-4 naps
5-8 months	3 naps
9-15 months	2 naps
15+ months	1 nap
2.5-5 years	no nap transition

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How Much Sleep

Age	Hours of sleep in a 24 hour period	Max hours of sleep total for naps
1 month	14-17 hrs	5-6 hrs
2 months	14-17 hrs	5 hrs
3 months	14-17 hrs	4 hrs
4 months	12-15 hrs	4 hrs
5 months	12-15 hrs	3.5-4 hrs
6 months	12-15 hrs	3.5 hrs
7 months	12-15 hrs	3-3.5 hrs
8 months	12-15 hrs	3 hrs
9 months	12-15 hrs	3 hrs
10 months	12-15 hrs	3 hrs
11 months	12-15 hrs	2.5-3 hrs
12-18 months	11-14 hrs	2-3 hrs
18+ months	11-14 hrs	1.5-2.5 hrs

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