

A Guide to Sleep and Awake Times

Please remember that all children are different and this is just a guide



AGE OF CHILD	AWAKE TIME	TOTAL DAY SLEEP	NUMBER OF NAPS
0 - 3 mths	45 mins - 1.5 hrs	Variable	Variable
3 - 6 mths	1.5 - 2.5 hrs	4 - 6 hrs	4 - 5
6 - 9 mths	2.5 - 3.5 hrs	2 - 3 hrs	2 - 3
9 - 12 mths	3 - 4.5 hrs	2 - 2.5 hrs	1 - 2
12 - 18 mths	4 - 5 hrs	2 - 2.5 hrs	1 - 2
18 - 24 mths	5 - 6 hrs	2 - 2.5 hrs	1
2 - 3 yrs	6 hrs +	1 - 2 hrs	0 - 1

