

# HOW LONG A BABY SHOULD SLEEP

# BABY NAP CHART

THECRADLECOACH.COM

## 0 to 3 MONTHS

TOTAL DAYTIME SLEEP: 4-6 HOURS  
AWAKE TIME: 30 - 90 MINUTES  
NUMBER OF NAPS: 4-6

## 4 to 6 MONTHS

TOTAL DAYTIME SLEEP: 3-4 HOURS  
AWAKE TIME: 1.5 - 2.5 HOURS  
NUMBER OF NAPS: 3-4

## 7 to 13 MONTHS

TOTAL DAYTIME SLEEP: 2-3 HOURS  
AWAKE TIME: 2.5 - 3.5 HOURS  
NUMBER OF NAPS: 2

## 13 to 18 MONTHS

TOTAL DAYTIME SLEEP: 2-3 HOURS  
AWAKE TIME: 3 - 4 HOURS  
NUMBER OF NAPS: 1

## 18 to 24 MONTHS

TOTAL DAYTIME SLEEP: 2-3 HOURS  
AWAKE TIME: 4 - 5 HOURS  
NUMBER OF NAPS: 1

## 24 to 36 MONTHS

TOTAL DAYTIME SLEEP: 1-2 HOURS  
AWAKE TIME: 5 - 6 HOURS  
NUMBER OF NAPS: 1