

Estimated Sleep Times by Age and Sample Sleep Schedules

Baby's Age: 0-3 months

Number of Naps: Baby will need to sleep after 1 to 2 hours of wake time.

Total Sleep Per Day: 14-18 hours

Baby's Age: 3-6 months

Number of Naps: 3

Nap Time Sleep: 3-5 hours

Night Time Sleep: 10-12 hours

Total Sleep Per Day: 14-15 hours

Sample Sleep Schedule 3-6 months

Wake Time: 6:30am

Nap 1: 8:00am - 9:30am

Nap 2: 12:00pm - 2:00pm

Nap 3: 3:30pm - 4:00pm

Bed Time: 7:30pm

Baby's Age: 6-9 months

Number of Naps: 2-3

Nap Time Sleep: 3-4 hours

Night Time Sleep: 10-12 hours

Total Sleep Per Day: 14-15 hours

Sample Sleep Schedule 6-9 months

Wake Time: 6:30am

Nap 1: 8:00am - 9:30am

Nap 2: 12:30pm - 2:00pm

Nap 3: 3:30pm - 4:00pm

Bed Time: 7:30pm

Baby's Age: 9-12 months

Number of Naps: 2

Nap Time Sleep: 2-3 hours

Night Time Sleep: 10-12 hours

Total Sleep Per Day: 14-15 hours

Sample Sleep Schedule 9-12 months

Wake Time: 6:30am

Nap 1: 8:30am - 9:30am

Nap 2: 12:30pm - 2:00pm

Bed Time: 7:30pm

Baby's Age: 1-2 years

Number of Naps: 1-2

Nap Time Sleep: 2 hours

Night Time Sleep: 11-12 hours

Total Sleep Per Day: 13-14 hours

Sample Sleep Schedule 1-2 years

Wake Time: 6:30am

Nap 1: 8:30am - 9:30am

Nap 2: 1:00pm - 2:00pm

Bed Time: 7:30pm

Baby's Age: 2-3 years

Number of Naps: 1

Nap Time Sleep: 2 hours

Night Time Sleep: 11-12 hours

Total Sleep Per Day: 12-14 hours

Sample Sleep Schedule 2-3 years

Wake Time: 6:30am

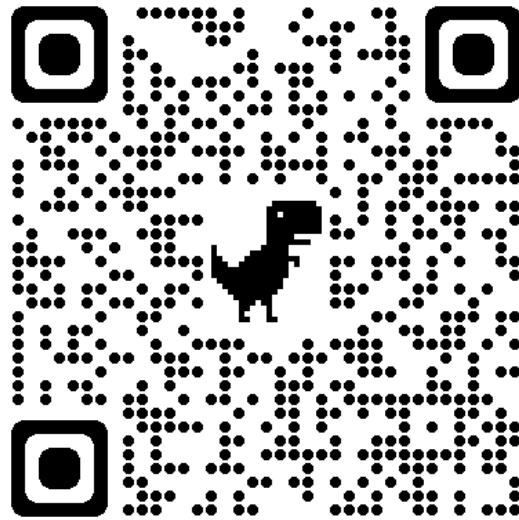
Nap 2: 12:30pm - 2:30pm

Bed Time: 7:30pm

This material is not medical advise. For medical advise, consult your medical professional.

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<https://apps.apple.com/us/app/sleepy-star-sleep-tracker/id6449979253>



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