

Average sleep needs and sample schedules

NOTE! The ranges given below are approximate, some children need less sleep while others need more. When you plan your child's sleep schedule, you should try for a minimum of 11 hours at night, and minimum 1 hour for each nap. Your child's mood and behavior will be the best gauge if they are getting the correct amount of sleep.

AGE	NIGHTTIME	NAPS	TOTAL HOURS
newborn	varies widely	varies widely	varies widely
4 months	11-12 hours	3-4 hours / 3-4 naps	14-16 hours
bedtime - 7pm			
wake time - 7am			
1st nap - 8:30am - 90 min		* 4-month-olds may	
2nd nap – 11:30 am – 90 min		only nap for 45	
3rd nap – 2:30pm - 90 min pm		minutes at a time	
4th nap – 4:30pm no more than 30 min!			
4.5 - 6 months	11-12 hours	2-3.5 hours / 2-3 naps	13-15.5 hours
bedtime - 7pm			
wake time - 7am		*Naptimes should	
1st nap - 8:30 am 90+ min		be at 90 minute	
2nd nap - 12:30 am 90+ min		increments from the	
3rd nap - 3:300 pm 90 min		end of previous nap	
6 - 9 months	11-12 hours	2-3 hours/ 2 naps	13-15 hours
bedtime - 7:30 pm	* May need to move		
wake time – 7;00 am	bedtime earlier as		
1st nap - 10:00 am 90-120 min	child drops 3rd nap		
2nd nap - 2:00 pm 90- 120 min			
9-12 months	11-12 hours	2-3 hours / 1-2 naps	13-15 hours
bedtime - 7:30 pm			
wake time – 7:00 am			
1st nap – 10:00 am 90-120 min			
2nd nap - 2:00 pm 90-120 min			
12-24 months	11 hours	1.5-3 hours / 1 nap	12.5 - 14 hours
bedtime - 7:30 pm	* May need to move		
wake time – 7:00 am	bedtime earlier as		
nap – 12:00 pm – 120 min	child drops to 1 nap		
Transitioning from crib to bed: NOT before age 3, unless child is climbing out of crib - safety 1st!			
2 - 3 years	11-12 hours	1.5-3 hours / 1 nap	11-14 hours
bedtime - 8:00 pm			
wake time - 7:00 am			
nap - 12:00 noon			
3 - 5 years	11 -12 hours	0-2 hours / 0 -1 nap	11 - 12 hours
bedtime - 8:00 pm	* May need to move		
wake time - 6:30 am	bedtime earlier as		
nap - 12:30 pm	child drops nap	* If still napping	