

How much do Babies Sleep?



Newborn babies sleep about, 16-18 hours over 6-7 brief sleep periods

Age	Number of Naps	Total Length of Naptime hours	Nighttimes sleep Hours	Total of nighttimes and naptime sleep
1 Month	3	6-7	8.5-10	15-16
3 Months	3	5-6	10-11	15
6 Months	2	3-4	10-11	15
9 Months	2	2.5-4	11-12	14
12 Months	1-2	2-3	11.5-12	14
2 Years	1	1-2	11-12	13
3 Years	1	1-1.5	11	12
4 Years	0	0	11.5	11.5
5 Years	0	0	11	11