



## *Sleep Guidelines By Age*

**6 Weeks:** 45 Minutes    **8 Weeks:** 60 Minutes  
**10 Weeks:** 75 Minutes    **12 Weeks:** 90 Minutes

### **3 to 4 Naps Per Day**

Your newborn needs 4 to 5 hours of total daytime sleep  
*Bedtime is typically between 8 PM and 9 PM*

**14 Weeks:** 1 Hour 45 Minutes to 2 Hours

**16 Weeks:** 2 Hours to 2 Hours 15 Minutes

**5 to 7 Months:** 2 Hours 15 Minutes to 3 Hours

### **Moving to 3 Naps Per Day**

Your infant needs 3 to 4 hours of daytime sleep  
*Bedtime is typically between 7 PM and 8 PM*

**7 to 10 Months:** 3 Hours to 3.5 Hours

**10 to 16 Months:** 3.5 Hours to 4 Hours

### **2 Naps Per Day - Until Transition to 1 Nap**

Your infant or toddler needs up to 3 hours of daytime sleep  
*Bedtime is typically between 6:30 PM and 7:30 PM*

**Transition to 1 Nap Between 13 and 18 Months:** 5 to 6 Hours

Bedtime will fluctuate between 6 PM and 8 PM during the transition

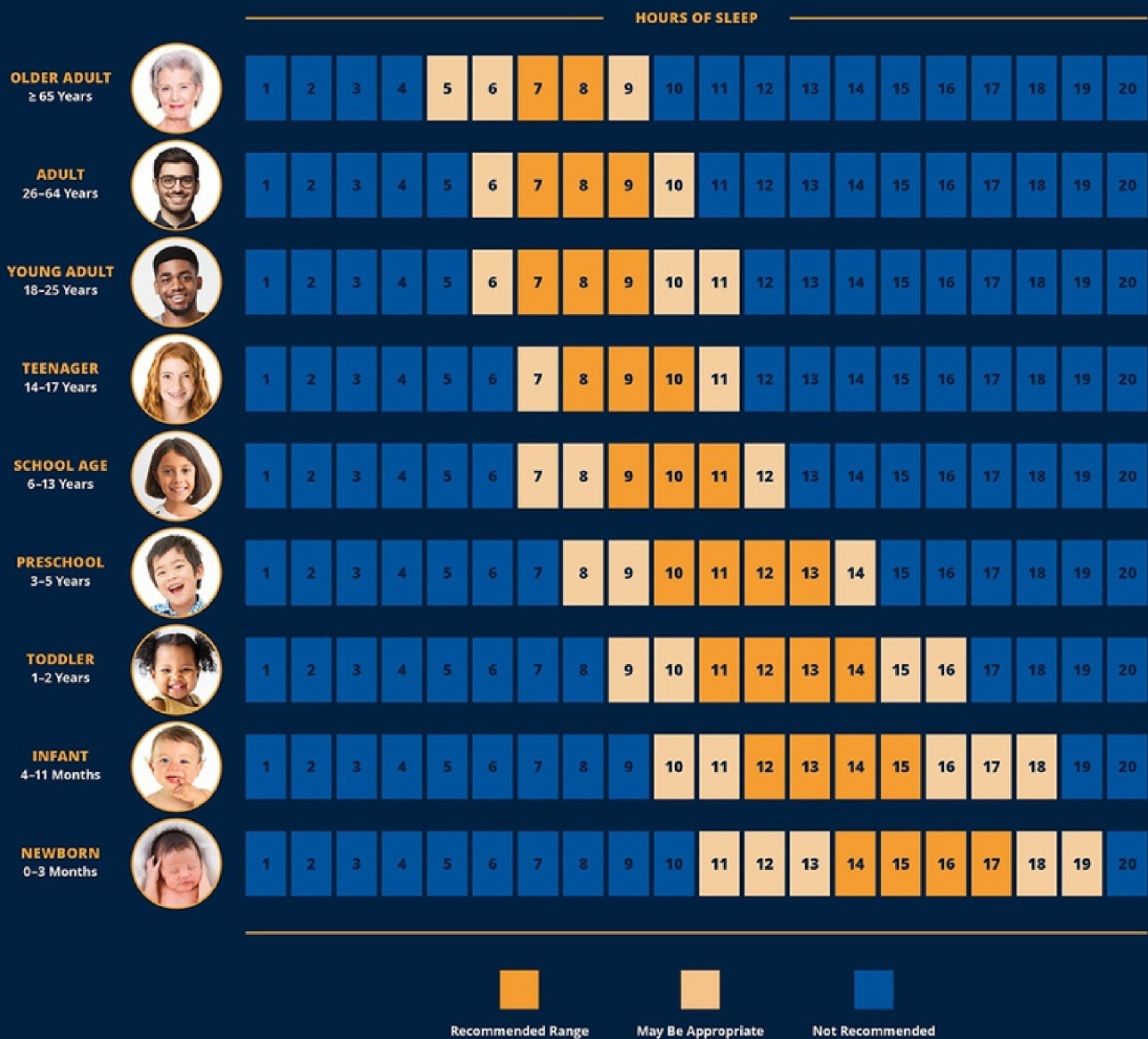
*Once transitioned to one nap, bedtime is between 7 PM and 8 PM*

**Until your child is solidly transitioned to one nap,  
I recommend following wake windows to encourage a balanced  
amount of sleep pressure.**





 NATIONAL SLEEP FOUNDATION  
RECOMMENDED SLEEP DURATIONS



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