

## NAP CHART & RECOMMENDED SLEEP TIMES

AGE	TOTAL HOURS	# OF NAPS	NAP LENGTH	NIGHT SLEEP
Newborn	16 – 18 hours	3 – 5 naps	45 minutes – 3 hours	8 – 9 hours
2 – 4 months	14 – 16 hours	3 – 4 naps	45 minutes – 3 hours	9 – 10 hours
4 – 6 months	14 – 15 hours	2 – 4 naps	1.5 – 2.5 hours	10 hours
6 – 9 months	14 hours	2 – 3 naps	45 minutes – 2 hours	10 – 11 hours
9 – 12 months	14 hours	2 naps	45 minutes – 2 hours	10 – 12 hours
12 – 18 months	13 – 14 hours	1 – 2 naps	1.5 – 2.5 hours	11 – 12 hours
18 – 24 months	13 – 14 hours	1 nap	1.5 – 2.5 hours	11 hours
2 – 3 years	12 – 14 hours	1 nap	1 – 2 hours	10 – 11 hours
3 – 5 years	11 – 13 hours	0 – 1 nap	1 – 1.5 hours	10 – 11 hours
5 – 12 years	10 – 11 hours	0	0	10 – 11 hours

### BABY AWAKE TIME

AGE	BEDTIME RANGE
Newborn	20 – 40 minutes
1 month	45 – 60 minutes
2 months	60 minutes
3 months	1 hour – 1.5 hours
4 months	1.25 hours – 1.75 hours
5 months	1.5 hours – 2 hours
6 – 9 months	2 – 3 hours
9 – 12 months	3 - 4 hours
1 – 2 years	4 – 5 hours
2 – 4 years	5 – 6 hours

### BEDTIME CHART

AGE	BEDTIME RANGE
1	6:30PM
2	6:45PM - 7:00PM
3	7:00PM - 7:15PM
4	7:15PM - 7:30PM
5	7:30PM - 7:45PM
6	7:45PM - 8:00PM
7	8:00PM - 8:15PM
8	8:15PM - 8:30PM
9	8:30PM - 8:45PM
10	8:45PM - 9:00pm
11 - 12	9:00PM - 9:30PM
13 - 15	9:30PM - 10:00PM
16 - 18	10:00PM - 11:00PM

\*Reference Nap + Sleep Chart & Night Sleep Column to Calculate Approximate Wake- Up Time