



Baby Sleep Chart

Age	Total sleep	Naps	Nap time	Night sleep
0 - 3 months	14-17 hours	6 naps	30-60 min	2-4 hours
4 - 6 months	12-16 hours	3-4 naps	1-2 hours	6-10 hours
7-12 months	10-15 hours	1-2 naps	1-2 hours	10-12 hours

Things to remember

- Avoid comparing your baby's sleeping schedule to other babies.
- Every baby has a little different sleeping schedule.
- If you're not sure whether your baby is getting enough sleep, advise with a pediatrician.

