

Day Sleep

Age of Baby	No. of Naps	Nap Spacing	Day Sleep Notes	Approx Total Day Sleep
0-4 Months	On Demand (usually 4-5)	45-120 mins awake time between naps. Nap irregularity in frequency and duration is common.	No schedule yet, keep baby rested. Avoid overtiredness and long stretches of wakefulness. Don't be afraid to soothe your baby – s/he needs sleep! Single sleep cycle naps (30-45 mins) are common in the second half of this phase.	Many babies will sleep 15-16 hours in 24 hours during first 2-3 months, then decreases to more like 14-15 hours +/- by 3-4 months.
4-6 Months	4 down to 3	4 months – single sleep cycle (30-45 mins naps) are still normal (see our nap 101 series). By 5-6 months, babies are capable of lengthening naps, though may need nap assistance to learn that skill. 2-2 ½ hours awake time between naps. On 3 nap pattern, third nap is shortest (30-45 mins).	Schedule is emerging. Prioritize your baby's naps, paying attention to sleep location and environment now. Start your day at a regular time (30 min window), work towards three nap a day pattern with longer wake times between the naps by 6 months.	3 -4 ½ hours
6-9 Months	3 down to 2	3 nap schedule: 2-2 ½ hours between naps 2 nap pattern: Ladder schedule. Approx. 2-3-4 hours between each sleep session starting with morning wake.	Schedule is solidifying, keep bed/wake times regular. With three good naps, night sleep may condense (night shortens, typically later bedtime). When naps transition from 3 to 2, night sleep increases (earlier bedtime) and ladder style schedule of increasing stretches of wakefulness after each nap.	3 -4 hours
9-15 Months	2 naps until approx. 12-15 months, then transition to 1 nap	<i>2 naps: typical schedule:</i> Wake up – approx. 2.5 hours awake – nap – 3+ hours awake – nap – approx 4+ hours awake– bed. <i>1 nap: typical schedule:</i> Wake up – 4-6 hours awake – nap – 4-5 hours awake – bed. May have catnaps before or after main nap during transition.	<i>Night shortens again (later bedtimes) before the 2-1 nap transition.</i> Night lengthens (earlier bedtime) after the 2-1 nap transition. Keep bed/wake times regular, but compensate with earlier bedtimes when needed for overtiredness.	3 + hours up to 12 months, then down to 2-2 ½ +/- hours with nap transition.
15-36 Months	1	Wake up – 4-6 hours awake– nap – 5+ hours awake – bed	After transition, which may take several weeks, long period of regularity. Be careful of catnaps. Be careful of late naps plus early bedtimes which can lead to early am wake ups. A napping 3 year old will have a shorten night than a napping 18 month old.	2+ hours
36+ Months	1 to 0	Wake up– 6+ hours awake– nap – 5-6 hours awake – bed	Naps are very beneficial at this age, even though nights will shorten quite a bit with a napping preschooler. Allow enough wake time in afternoon/evening to rebuild sleep pressure for a smoother bedtime.	1-2 hours