

Baby Sleep Chart by Age

Newborn to 12 months · Wake windows · Nap count · Total sleep · Bedtime · Sample schedules

Newborn (0–1m)	Early baby (1–3m)	Mid baby (4–6m)	Older baby (7–12m)
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Age-by-Age Sleep Reference Chart

Age	Total Sleep (24h)	Number of Naps	Wake Windows	Bedtime	Key Development Note
Newborn (0–4 wks)	14–17 hrs	5–8 micro-naps	45–60 min	Variable (9–11 PM)	No circadian rhythm yet. Watch cues, not the clock.
1 month	14–16 hrs	4–5 naps	60–75 min	8–10 PM	Slightly longer night stretches begin forming.
2 months	14–16 hrs	4 naps	75–90 min	8–9 PM	Day/night distinction begins developing.
3 months	14–15 hrs	3–4 naps	1½–1¾ hrs	8–8:30 PM	First predictable routines emerge.
4 months	14–15 hrs	3–4 naps	1½–2 hrs	7:30–8:30 PM	4-month regression: sleep architecture permanently shifts.
5 months	14–15 hrs	3 naps	1¾–2¼ hrs	7–8 PM	Naps consolidate; bedtime shifts earlier.
6 months	13–15 hrs	2–3 naps	2–2½ hrs	7–8 PM	3→2 nap transition begins (6–8 months).
7 months	13–14 hrs	2 naps	2½–3 hrs	7–7:30 PM	Most babies complete 3→2 nap transition.
8 months	13–14 hrs	2 naps	2½–3 hrs	7–7:30 PM	8-month regression: crawling, separation anxiety peaks.

Age	Total Sleep (24h)	Number of Naps	Wake Windows	Bedtime	Key Development Note
9 months	13–14 hrs	2 naps	3 hrs	7–7:30 PM	Separation anxiety at peak.
10 months	12–14 hrs	2 naps	3–3½ hrs	7–7:30 PM	Night waking from developmental leaps.
11 months	12–14 hrs	2 naps	3–3½ hrs	7–7:30 PM	Some babies show early readiness for 1 nap.
12 months	12–14 hrs	1–2 naps	3½–4 hrs	7–7:30 PM	1-nap transition typical at 15–18 months, not yet.

Sample Daily Schedules by Age

Newborn (0–4 weeks)

Watch wake windows (45–60 min), not the clock. No fixed schedule is possible or needed.

Variable Wake, feed

After ~45–60 min awake Sleep (30–45 min nap)

Repeat x5–8 Throughout 24 hours

Night Feed every 2–3 hours — expected and normal

3 months

First routines emerge. Bedtime shifts earlier. 3–4 naps, wake windows ~1.5–1.75 hrs.

7:00 AM Wake + feed

8:30 AM Nap 1 (~1–1.5 hrs)

10:30 AM Wake + feed

12:15 PM Nap 2 (~1–1.5 hrs)

2:00 PM Wake + feed

3:45 PM Nap 3 (catnap, ~30–45 min)

4:30 PM Wake

8:00 PM Bedtime routine + sleep

6 months

Transitioning 3→2 naps. Bedtime 7–8 PM. Wake windows 2–2.5 hrs.

6:30 AM Wake

9:00 AM Nap 1 (1–1.5 hrs)

10:30 AM Wake

1:30 PM Nap 2 (1–1.5 hrs)

3:00 PM Wake

7:00 PM Bedtime

9 months

Firmly on 2 naps. Wake windows ~3 hrs. Early bedtime critical.

6:30 AM Wake

9:30 AM Nap 1 (1–1.5 hrs)

11:00 AM Wake

2:30 PM Nap 2 (1–1.5 hrs)

4:00 PM Wake

7:00 PM Bedtime

Wake windows are the maximum time your baby should be awake between sleeps at each age. Overtiredness (too long awake) causes cortisol spikes that make it harder to fall asleep — not easier. Use wake windows as your primary scheduling guide, not the clock. Every baby is individual: adjust ±15 min based on your baby's sleepy cues.

This chart is for informational purposes only and does not replace medical advice. Sleep needs vary by individual baby. Consult your pediatrician if you have concerns about your baby's sleep. Sources: American Academy of Pediatrics (AAP), Sleep Foundation, Mayo Clinic.