



Little Bell Sleep Solutions

Sleep and Wake Times Chart

Sleep and wake times are important to improve your child's sleep. A wake time refers to the amount of time your child spends awake in between sleep. If your child is up for too long, he may get overtired and fight sleep. This can also happen if he hasn't been awake long enough, because he hasn't built up enough sleep pressure. Meeting the appropriate wake times will improve your child's overall sleep. These wake times are an average by age, but every child is different.

Age	Wake Time	Number of Naps	Maximum Day Sleep	Total Sleep/24 hrs.
1 month	1 hour	4 or more	5-6 hours	14-17 hours
2 months	1.25 hours	4 or more	5 hours	14-17 hours
3 months	1.5 hours	4	4 hours	14-17 hours
4 months	2 hours	3-4	4 hours	12-15 hours
5 months	2.25 hours	3	3.5-4 hours	12-15 hours
6 months	2.5 hours	2-3	3.5 hours	12-15 hours
7 months	2.75 hours	2-3	3-3.5 hours	12-15 hours
8 months	3 hours	2-3	3 hours	12-15 hours
9 - 12 months	3-3.5 hours	2	2.5 hours	12-15 hours
12 - 16 months	3.5-4.5 hours	1-2	2.5-3 hours	11-14 hours
16 mos. – 2 years	5-7 hours	1	3 hours	11-14 hours
3 - 4 years	10-13 hours	0	0	11-14 hours

www.littlebellsleepsolutions.com

Copyright Notice: This document is protected by the United States copyright law and may not be reproduced, distributed, transmitted or modified without prior written consent of the author.

©Copyright Ashley Bell 2021. All Rights Reserved

Disclaimer: Reliance on this information is solely at your own risk. This information is intended for healthy babies who do not have any medical conditions or illness.

The information provided is not intended nor is implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding a medical condition or the health and welfare of your baby.