

# Master Sleep Chart



AGE	WAKE TIME	# OF NAPS	TOTAL NAP HRS	TOTAL SLEEP HRS
0-2 months	.75 - 1 hr	4+	5+	16 - 20
3 months	1.25 - 1.5 hrs	4	5+	15.5 - 18
4 months	1.75 - 2 hrs	4/3	4.5	15.5
5 months	2-2.25 hrs	3	4	15
6 months	2.5 hrs	3/2	3.5	14.5
7 months	2.75 hrs	3/2	3.25	14 - 14.5
8 months	3-3.25 hrs	3/2	3.25	14 - 14.5
9 months	3.25-3.5 hrs	2	3 - 3.25	14
10-11 months	3.5 - 4 hrs	2	2.75 - 3	14
12-14 months	3.5 - 4 hrs	2/1	2.5 - 2.75	13.5 - 13.75
15-18 months	5 - 6.5 hrs	1	2 - 2.5	13 - 13.5
19-23 months	5 - 6.5 hrs	1	2 - 2.5	13 - 13.5
2 years	5 - 6.5 hrs	1	1.5 - 2	13
3 years	6 - 7 hrs	1/0	0 - 1	12 - 12.5

**LIZA MONTANINO**

Pediatric Sleep Consultant



*Rock-a-Bye Baby Sleep*

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