

Average Sleep Needs

by age

Age	Total Sleep	Average Awake Time	Number of Naps
Birth - 6 weeks	16-18 hours	45-60 minutes	Varies
2-3 months	15-17 hours	1-1.5 hours	3-4+ naps
4-6 months	14-16 hours	1.5-2.5 hours	3-4 naps
7-9 months	14-15.5 hours	2.25-3 hours	2-3 naps
9-12 months	13-15 hours	2.75-4 hours	2 naps
12-18 months	12-14 hours	3-6 hours	1-2 naps
18-24 months	12-14 hours	4-6 hours	1 nap
2-3 years	12-14 hours	5-6 hours	1 nap
4-5 years	11-13 hours	12 hours	rest time no naps