

# SLEEP CHART



@ABRIGHTERNIGHTSLEEPCOACH

Ages in Months	Max Wake Time in hours	Daily Sleep req-hours	Avg hours night sleep	Typical # of naps	Each nap limit in hours	Max Daily nap hours	Rec. wait time before responding to night wakings
<2	.75-1	16-20	11	4+	3	-	10
3	1.5	15.5-18	11-12	4	3	-	10
4	1.75-2	15.5	11-12	4-3	2.5	4.5	10
5	2	15	11-12	3	2	4	10
6	2.5	14.5	11-12	3-2	2	3.5	15
7	2.75	14-14.5	11-12	3-2	2	3.25	15
8	3	14-14.5	11-12	3-2	2	3.25	15
9-11	3-4	14	11-12	2	2	3	15
12-14	3-4, 2 naps 4.5-6 1 nap	13.5-13.75	11-12	2-1	2-3	3	15-20
15-18	5-6.5	13-13.5	11-12	1	3	3	15-20
19-23		12-12.5		1	3	3	15-20
2 years		12-12.5		1	3	3	15-20
3 years		11-12		1-0	3	3	15-20