

Troublesome Tots

No more bedtime drama for baby!

Age	# Naps	Duration of Naps	Time Between Naps	Bedtime	Hours at Night	Total Hours of Sleep/Day
Birth - 6 Weeks	4-8	15 minutes - 4 hours	45 minutes - 1 hour	Variable but late - often 9:00 - 11:00 PM	8-14	14-18 hours
6 Weeks - 3 Months	3-4	30 minutes - 2 hours	1 hour - 1 hour 45 minutes	Variable but late - 8:00 - 11:00 PM	8-13	11-15 hours
3-6 Months	3	1-2 hours	~ 2 hours	8:00 - 10:00 PM	9-12	12-14 hours
6-9 Months	3	1-2 hours	2-3 hours	8:00 - 10:00 PM	9-12	12-14 hours
9-12 Months	2	1-2 hours	~3 hours	7:00 - 8:00 PM	10-12	12-14 hours
12-18 Months	1-2	1-2 hours	3 hours	7:00 - 8:00 PM	10-12	12-14 hours
18 Months - 3 YR	1	1-2 hours	NA	7:00 - 8:00 PM	10-12	11-14 hours

Sources: Solve Your child's Sleep Problems, R Ferber M.D.; Healthy Sleep Habits, Happy Child, M. Weissbluth M.D.