



Baby and Toddler Bedtimes by Age

Age	Total Sleep	Avg. Wake Window*	Bedtime	Notes
Newborn	15-18 hours	Varies	N/A	<u>Newborns</u> need to eat frequently and will wake around the clock to feed, so a fixed bedtime is obsolete at this age. Watch your baby's sleep cues closely and put down for sleep at the first sign of tiredness.
1-4 Months	14-15 hours	Varies for 1–2-month-olds; 3-4 month olds average 1-2 hours	8-11 p.m.	Use the later bedtime for younger babies. By 3 or 4 months, you can gradually shift to using the earlier bedtime, as your baby (hopefully!) starts to sleep for one longer stretch at night.
4-8 Months	14-15 hours	Average awake time is 2-3 hours	6-7:30 p.m.	Most babies are ready for a predictable schedule by about 6 months. <u>Regular naps</u> emerge at this time (4 naps at first, and then gradually moves to 3 naps). Use the earlier bedtime during the <u>transition from 4 naps to 3</u> , to ward off overtiredness.
8-10 Months	12-15 hours	Average awake time is about 3 hours	6-7 p.m.	Most babies are taking 2 naps at this age. This is also prime time for the <u>8/9/10 month sleep regression!</u> Use the earlier bedtime if the regression has your <u>baby napping less or waking more at night</u> , and becoming overtired.
10-15 Months	12-14 hours	Average awake time is 3-4 hours	6-7:30 p.m.	Stick with 2 naps, if possible; most babies aren't ready to transition to one nap until 15-18 months. If your baby goes through the <u>12 month nap regression</u> , use the earlier bedtime to make up for lost nap sleep.



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15 Months - 3 Years	12-14 hours	Average awake time is about 5 hours	6-8 p.m.	Your toddler will transition to needing just one nap by 18 months. That nap should be 2-2.5 hours in length. Use the earlier bedtime during the transition from 2 naps to 1, and during the <u>18 month</u> and <u>2 year sleep regressions</u> , to make up for any lost sleep. By 2 years of age, you should start using 7 p.m. as your earliest bedtime; the 6 p.m. bedtime is more appropriate for younger toddlers.
3 - 5 Years	11-13 hours	Average awake time is about 12 hours, if toddler/preschooler is no longer napping.	7-8:30 p.m.	Most children give up the afternoon nap at this stage. Substitute an afternoon rest time in for the nap. Try to time bedtime so that you allow for roughly 12 hours of night sleep, for children who are no longer napping. Use the later bedtime for children who are still transitioning away from the afternoon nap.

*Average Wake Window refers to the amount of time your baby or toddler is able to comfortably stay awake during the day, between naps.

Additional Baby Sleep Site® Resources

Look at [this article](#) to see **an overview of all baby and toddler sleep regressions**, as well as information about how to manage (and survive!) each regression stage.

<https://www.babysleepsite.com/baby-sleep-patterns/sleep-regressions/>

Visit [this page](#) to see **an overview of all the Baby Sleep Site® sample sleep and feeding schedules by age**. Use these for reference, or to help you create a schedule that works for your baby or toddler.

<https://www.babysleepsite.com/baby-sleep-feeding-schedules/>

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