

## Baby Nap Chart

Age	# of Naps	Total Daytime Sleep	Length of Each Nap	Awake Time Between Naps	Notes
<b>0-11 Weeks</b>	6-8 Naps	4-5 hours	10/15 minutes - 4 hours	30 mins. - 1 hour	Naps are all over the map at this age, so don't fret about short and erratic naps in this <u>newborn</u> stage.
<b>3-4 Months</b>	4-5 Naps	3-4 hours	30 minutes - 2 hours	about 1-2 hours	Watch for the <u>4 month sleep regression</u> right around this time; it will throw off even the best nappers!
<b>5-6 Months</b>	3-4 Naps	2.5-3.5 hours	30/45 minutes - 2 hours	about 2 hours	<u>Short naps</u> are normal in the first 5-6 months of your baby's life, but starting around 6 months, your baby's nap sleep should start to consolidate into more predictable naps.
<b>7-8 Months</b>	2-3 Naps	2-3 hours	1-2 hours	2-3 hours	Another <u>sleep regression strikes at around 8 or 9 months</u> , and it's related to the <u>nap transition</u> from 3-2 naps.
<b>9-12 Months</b>	2 Naps	2-3 hours	1-2 hours	about 3-4 hours	By this point, you baby should be napping pretty predictably. See our <u>sample nap and feeding schedules</u> to build a more consistent nap schedule, if you're still struggling with erratic naps.
<b>13-17 Months</b>	1-2 Naps	2-3 hours	1-3 hours	3-5 hours	Resist the impulse to <u>transition to 1 nap when your baby turns a year old</u> . Most babies don't make the transition to 1 nap until close to 18 months, so hang on to that second nap as best you can for this stage.
<b>18 Months-3 Years</b>	1 Nap	1-3 hours	1.5-2.5 hours	5-6 hours	Be sure your toddler's afternoon nap ends well before bedtime; starting around age 2, <u>toddlers</u> need plenty of awake time.

## **Additional Baby Sleep Site® Resources**

Take a 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.

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

[Download your FREE guide, 7 Common Napping Mistakes](#), and get practical, hands-on tips to help your baby fall asleep more easily at nap time and take longer, more consistent naps. Download now, and start working on sleep as early as tonight!

<http://www.babysleepsite.com/free-baby-nap-guide/>