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# Estimated Sleep Times by Age and Sample Sleep Schedules

## **Baby's Age: 0-3 months**

Number of Naps: Baby will need to sleep after 1 to 2 hours of wake time.

Total Sleep Per Day: 14-18 hours

## **Baby's Age: 3-6 months**

Number of Naps: 3

Nap Time Sleep: 3-5 hours

Night Time Sleep: 10-12 hours

Total Sleep Per Day: 14-15 hours

## **Sample Sleep Schedule 3-6 months**

Wake Time: 6:30am

Nap 1: 8:00am - 9:30am

Nap 2: 12:00pm - 2:00pm

Nap 3: 3:30pm - 4:00pm

Bed Time: 7:30pm

## **Baby's Age: 6-9 months**

Number of Naps: 2-3

Nap Time Sleep: 3-4 hours

Night Time Sleep: 10-12 hours

Total Sleep Per Day: 14-15 hours

## **Sample Sleep Schedule 6-9 months**

Wake Time: 6:30am

Nap 1: 8:00am - 9:30am

Nap 2: 12:30pm - 2:00pm

Nap 3: 3:30pm - 4:00pm

Bed Time: 7:30pm

## **Baby's Age: 9-12 months**

Number of Naps: 2

Nap Time Sleep: 2-3 hours

Night Time Sleep: 10-12 hours

Total Sleep Per Day: 14-15 hours

## **Sample Sleep Schedule 9-12 months**

Wake Time: 6:30am

Nap 1: 8:30am - 9:30am

Nap 2: 12:30pm - 2:00pm

Bed Time: 7:30pm

## **Baby's Age: 1-2 years**

Number of Naps: 1-2

Nap Time Sleep: 2 hours

Night Time Sleep: 11-12 hours

Total Sleep Per Day: 13-14 hours

## **Sample Sleep Schedule 1-2 years**

Wake Time: 6:30am

Nap 1: 8:30am - 9:30am

Nap 2: 1:00pm - 2:00pm

Bed Time: 7:30pm

## **Baby's Age: 2-3 years**

Number of Naps: 1

Nap Time Sleep: 2 hours

Night Time Sleep: 11-12 hours

Total Sleep Per Day: 12-14 hours

## **Sample Sleep Schedule 2-3 years**

Wake Time: 6:30am

Nap 2: 12:30pm - 2:30pm

Bed Time: 7:30pm

***This material is not medical advise. For medical advise, consult your medical professional.***



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