

Sleep Required during the first year

Age (months)	7am	8	9	10	11	12	1	2	3	4	5	6	7pm	8	9	10	11	12	1	2	3	4	5	6	7	Total hours of sleep a day	Nap Time
0-1			■	■		■	■	■		■			■	■	■	■	■	■	■	■	■	■	■	■	■	15½-16 hrs	5 hrs
1-2			■	■		■	■	■		■			■	■	■	■	■	■	■	■	■	■	■	■	■	15 hrs	4-4½ hrs
2-3			■			■	■	■					■	■	■	■	■	■	■	■	■	■	■	■	■	14½ hrs	3½ hrs
3-4						■	■	■					■	■	■	■	■	■	■	■	■	■	■	■	■	14½ hrs	3 hrs
4-6			■			■	■	■					■	■	■	■	■	■	■	■	■	■	■	■	■	15 hrs	3hrs
6-9			■			■	■	■					■	■	■	■	■	■	■	■	■	■	■	■	■	14½-15 hrs	2½-3 hrs
9-12			■	■		■	■	■					■	■	■	■	■	■	■	■	■	■	■	■	■	14½-15 hrs	2½-3 hrs

Day-time sleep
7am-7pm

Night-time sleep
7pm-7am

NOTES

- * The grey indicates the sleep time
- * This chart may not work for all babies and should only be used as guide to how many hours the average baby needs to sleep
- * Every baby is different, some may require more or less sleep than is indicated above
- * These are estimations only
- * The start and end times indicated on this chart (7am-7pm) can change accordingly to your family's needs, for example you can change the awake and sleep time to 8am-8PM, just change the naps accordingly.
- * This chart is to help mothers establish a sleeping routine and may not go according to plan everyday