

Baby Sleep Schedule

Estimate how much sleep your baby needs in the first 12 months.



AGE	TIME BETWEEN NAPS	NAP TIME	NAPS	NIGHT TIME SLEEP	SLEEP TOTAL TIME
Birth to 1 month	45 minutes to 1 hour	30 to 45 minutes	6	2 to 4 hours	14 to 18 hours
1 to 2 months	1 to 2 hours	45 minutes to 1 hour	3 to 5	4 to 6 hours	11 to 15 hours
2 to 4 months	1 to 2 hours	45 minutes to 2 hours	3 to 4	4 to 8 hours	12 to 14 hours
4 to 8 months	2 hours	1 to 2 hours	2 to 3	6 to 12 hours	12 to 14 hours
8 to 12 months	3 hours	1 to 2 hours	2	10 to 12 hours	12 to 14 hours
12 to 18 months	3 hours	1 to 2 hours	1 to 2	10 to 12 hours	12 to 14 hours
18 months to 2 years	-	1 to 2 hours	1	10 to 12 hours	11 to 14 hours

Baby And Toddler Sleep Programme

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