

All charts below are based on *optimal* amounts for a well-rested child, not what is necessarily common (since many children sleep less and wake more frequently than what I would consider ideal). I realize that these averages vary from what some other sources say-- I'm sorry we can't all agree! I've come up with these averages after working with lots of babies and parents and after much research. Hopefully they will be a source of help and not a source of stress!

Remember, everything is an average and should only be used as a reference point—your child is a unique little person. Also, all averages are done with the assumption that your child is healthy and growing well and was born around his due date (those with children under 2 should use adjusted age). These charts are just suggestions, your pediatrician should always be consulted in all things regarding your child's health.

You can find the post with these charts [here](#) as well as in the [sleep by age](#) section of the blog. You can also find charts [split up by subject here](#).

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Some extra info to help you out with the charts below (especially all the *):

Total Night Sleep – There may also be feeds during this time

Max Daily Sleep – Don't worry too much about this unless you have a newborn or if you suspect too much day sleep is a cause of night issues.

Day Sleep - Day sleep is quite variable. I try to aim for naps that last [at least 1.5 hours](#) (not including the last nap of the day if on more than 1 nap) but as most of you know, there are quite a few cat nappers out there. Cat nappers often need more naps, more often and end up with a bit less day sleep overall (early bedtime anyone?). I generally suggest keeping naps 2 hours and under after the newborn period unless it is the only nap of the day. You can find more about naps (including individual naps) in the [nap index](#).

Naps- The last nap of the day is often a catnap (super short) before it is dropped for good. These nap times are averages—your child may drop slightly sooner or keep a nap slightly longer. Find out more about dropping naps [here](#) and [here](#).

End naps by - To preserve night sleep and allow for an early bedtime hour, you don't want naps to go too late. With all things sleep, these averages are just a guideline. You'll need to use some trial and error. If your child is struggling falling asleep at bed or is having night wakings—the timing of this last nap might be an issue.

Bedtime - Most young children sleep best if they are on a routine like 7am-7 pm (give or take a bit, of course). Some children will be OK with a shift in their entire routine—say 8 am-8 pm. Most (like 90%) will either be overtired with this, have extra night wakings or wake extra early in the morning.

Night Wakings/ Feeds – Night feeds are from about 7 pm-7 am, not including the 7am/7pm feeds. How many and how long to do night feeds is VERY debatable. Some people suggest stopping all night feeds by 12 weeks and others suggest keeping multiple night feeds for years. I've come up with this list after working with hundreds of parents (possibly thousands at this point) over the years and after talking to some pediatricians. I haven't met a healthy, well growing baby yet that can't happily have all night feeds dropped by 9 months (often before) so I feel confident drawing the line here. A couple of the pediatricians thought I was even being too generous with this age :) Learn more about when to expect a child to sleep through the night (and how I define sttn) [here](#).

Related Posts:

[How long should baby stay up?](#)

[Nap Index \(all about naps\)](#)

[Total Sleep - What's Average?](#)

[When and How to drop a nap](#) and [facts about dropping naps](#)

[When will my child start sleeping through the night?](#)

Sleep Averages from Birth to 8 months

	Birth-6 weeks	2 mths	3 mths	4 mths	5 mths	6 mths	7 mths	8 mths
Waketime	45-60 minutes	1 hour	1-1.5 hours	1.25-1.75 hours	1.5-2.25 hours	2-2.5 hours	2.25-2.75 hours	2.25-3 hours
Total Sleep Per 24 hours	16-18 hours	15.5-18 hours	15.5-18 hours	14.5-16.5 hours	14-16 hours	14-15.5 hours	14-15.5 hours	14-15.5 hours
Total Night Sleep *	9-12 hours	9-12 hours	10-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours
Total Daily Sleep	4-8 hours	4-8 hours	4-7 hours	3-7 hours	3-5 hours	3-5 hours	3-5 hours	3-5 hours
Number of Naps	4+	4+	4+	3-4	3	2-3	2-3	2-3
Max daily sleep*	Avoid naps >2 hours	Avoid naps >2 hours	Avoid naps >2 hours	4.5 hours	4 hours	3.5 hours	3.5 hours	3.25 hours
Naps Dropped?	Varies	Varies	4 to 3 naps by 3-5 mths	4 to 3 naps by 3-5 mths	4 to 3 naps by 3-5 mths	3 to 2 naps by 6-9 mths	3 to 2 naps by 6-9 mths	3 to 2 naps by 6-9 mths
End Naps by:	Avoid naps >2-2.5 hours each	Avoid naps >2-2.5 hours each	5-5:30 pm	4:30-5 pm	4:30-5 pm	4:30-5 pm	4:30-5 pm	4 pm
Ideal bedtime?	Varies: 7-11 pm	Varies: 7-10 pm	Varies: 7-10 pm	6-8 pm	6-8 pm	6-8 pm	6-8 pm	6-8 pm
Longest stretch of night sleep	Baby eats every 2-5 hours	5 + fingers crossed!	5-10 hours (some will sleep more)	8-12 hours	8-12 hours	8-12 hours	8-12 hours	8-12 hours
Number of night feeds*	Baby eats every 2-5 hours	1-3 feeds	1-2 feeds	0-1 feeds	0-1 feeds	0-1 feeds	0-1 feeds	0-1 feeds

Sleep Averages from 9 months to 4 years

	9 mths	10 mths	11 mths	12 mths	12-18 mths	18-24 mths	2-3 yrs	3-4 yrs
Waketime	2.5-3 hours	3-3.5 hours	3-4 hours	3-4 hours	3-4 hrs (2 naps), 4.5-6 hrs before nap (1 nap)	5-6 hrs before nap	5.5-7 hrs before nap	6-8 hrs (before nap)
Total Sleep Per 24 hours	14-15 hours	14-15 hours	14-15 hours	13.5-14 hours	13.5-14 hours	12-14 hours	12-14 hours	11-14 hours
Total Night Sleep *	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours
Total Daily Sleep	2.5-4 hours	2.5-4 hours	2.5-4 hours	2-4 hours	1.5-4 hours	1.5-3 hours	1.5-3 hours	0-2 hours
Number of Naps	2	2	2	2	1-2	1-2	0-1 (ideally 1)	0-1
Max daily sleep*	3 hours	3 hours	3 hours	3 hours	3 hours	2 hours	2 hours	0-2 hours
Naps Dropped?	3 to 2 naps by 6-9 months	Not usually	Not usually	Not usually	2 to 1 nap by 14-18 months	2 to 1 nap by 14-18 months	Ideally, 1 nap still	1 to 0 naps by 3-4 yrs (some keep it longer)
End Naps by:	4 pm	4 pm	4 pm	4 pm	4 pm	4 pm	3-4 pm	3-4 pm
Ideal bedtime?	6-8 pm	6-8 pm	6-8 pm	6-8 pm	6-8 pm	6-8 pm	6-8 pm	7-8 pm
Longest stretch of night sleep	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours	11-12 hours
Number of night feeds*	0 feeds	0 feeds	0 feeds	0 feeds	0 feeds	0 feeds	0 feeds	0 feeds

Birth to 6 weeks Sleep Averages

Waketime	45-60 minutes
Total Sleep per 24 hours	16-18 hours
Total Night Sleep (may be feeds)	9-12 hours
Total Daily Sleep	4-8 hours
Number of Naps	4+
Max daily sleep (if you suspect it is robbing night sleep)	Avoid naps >2 hours
Naps Dropped?	Varies
To preserve Night Sleep, end Naps by:	Avoid naps >2-2.5 hours each and monitor waketimes
What is an ideal bedtime?	Variable: 7-11 pm
Longest stretch of sleep at night	Baby eats every 2-5 hours
Number of night feeds*	Lots! Baby eats every 2-5 hours

2 month Sleep Averages

Waketime	1 hour
Total Sleep per 24 hours	15.5-18 hours
Total Night Sleep (may be feeds)	9-12 hours
Total Daily Sleep	4-8 hours
Number of Naps	4+
Max daily sleep (if you suspect it is robbing night sleep)	Avoid naps >2 hours
Naps Dropped?	Varies
To preserve Night Sleep, end Naps by:	Avoid naps >2-2.5 hours each and monitor waketimes
What is an ideal bedtime?	Variable: 7-10 pm
Longest stretch of sleep at night	5 + (fingers crossed!)
Number of night feeds*	1-3 feeds

3 month Sleep Averages

Waketime	1-1.5 hours
Total Sleep per 24 hours	15.5-18 hours
Total Night Sleep (may be feeds)	10-12 hours
Total Daily Sleep	4-7 hours
Number of Naps	4+
Max daily sleep (if you suspect it is robbing night sleep)	Avoid naps >2 hours
Naps Dropped?	4 down to 3 naps between 3-5 months
To preserve Night Sleep, end Naps by:	5-5:30 pm
What is an ideal bedtime?	Variable: 7-10 pm
Longest stretch of sleep at night	5-10 hours (some babies will sleep more)
Number of night feeds*	1-2 feeds

4 month Sleep Averages

Waketime	1.25-1.75 hours
Total Sleep per 24 hours	14.5-16.5 hours
Total Night Sleep (may be feeds)	11-12 hours
Total Daily Sleep	3-7 hours
Number of Naps	3-4
Max daily sleep (if you suspect it is robbing night sleep)	4.5 hours
Naps Dropped?	4 down to 3 naps between 3-5 months
To preserve Night Sleep, end Naps by:	4:30-5 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	8-12 hours
Number of night feeds*	0-1 feeds

5 month Sleep Averages

Waketime	1.5-2.25 hours
Total Sleep per 24 hours	14-16 hours
Total Night Sleep (may be feeds)	11-12 hours
Total Daily Sleep	3-5 hours
Number of Naps	3
Max daily sleep (if you suspect it is robbing night sleep)	4 hours
Naps Dropped?	4 down to 3 naps between 3-5 months
To preserve Night Sleep, end Naps by:	4:30-5 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	8-12 hours
Number of night feeds*	0-1 feeds

6 month Sleep Averages

Waketime	2-2.5 hours
Total Sleep per 24 hours	14-15.5 hours
Total Night Sleep (may be feeds)	11-12 hours
Total Daily Sleep	3-5 hours
Number of Naps	2-3
Max daily sleep (if you suspect it is robbing night sleep)	3.5 hours
Naps Dropped?	3 down to 2 naps between 6-9 months
To preserve Night Sleep, end Naps by:	4:30-5 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	8-12 hours
Number of night feeds*	0-1 feeds

7 month Sleep Averages

Waketime	2.25-2.75 hours
Total Sleep per 24 hours	14-15.5 hours
Total Night Sleep (may be feeds)	11-12 hours
Total Daily Sleep	3-5 hours
Number of Naps	2-3
Max daily sleep (if you suspect it is robbing night sleep)	3.5 hours
Naps Dropped?	3 down to 2 naps between 6-9 months
To preserve Night Sleep, end Naps by:	4:30-5 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	8-12 hours
Number of night feeds*	0-1 feeds

8 month Sleep Averages

Waketime	2.25-3 hours
Total Sleep per 24 hours	14-15.5 hours
Total Night Sleep (may be feeds)	11-12 hours
Total Daily Sleep	3-5 hours
Number of Naps	2-3
Max daily sleep (if you suspect it is robbing night sleep)	3.25 hours
Naps Dropped?	3 down to 2 naps between 6-9 months
To preserve Night Sleep, end Naps by:	4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	8-12 hours
Number of night feeds*	0-1 feeds

9 month Sleep Averages

Waketime	2.5-3 hours
Total Sleep per 24 hours	14-15 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	2.5-4 hours
Number of Naps	2
Max daily sleep (if you suspect it is robbing night sleep)	3 hours
Naps Dropped?	3 down to 2 naps between 6-9 months
To preserve Night Sleep, end Naps by:	4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds

10 month Sleep Averages

Waketime	3-3.5 hours
Total Sleep per 24 hours	14-15 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	2.5-4 hours
Number of Naps	2
Max daily sleep (if you suspect it is robbing night sleep)	3 hours
Naps Dropped?	Not usually
To preserve Night Sleep, end Naps by:	4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds

11 month Sleep Averages

Waketime	3-4 hours
Total Sleep per 24 hours	14-15 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	2.5-4 hours
Number of Naps	2
Max daily sleep (if you suspect it is robbing night sleep)	3 hours
Naps Dropped?	Not usually
To preserve Night Sleep, end Naps by:	4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds

12 month Sleep Averages

Waketime	3-4 hours
Total Sleep per 24 hours	13.5-14 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	2-4 hours
Number of Naps	2
Max daily sleep (if you suspect it is robbing night sleep)	3 hours
Naps Dropped?	Not usually
To preserve Night Sleep, end Naps by:	4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds

12-18 months Sleep Averages

Waketime	3-4 hours (2 naps), 4.5-6 hours before nap (1 nap)
Total Sleep per 24 hours	13.5-14 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	1.5-4 hours
Number of Naps	1-2
Max daily sleep (if you suspect it is robbing night sleep)	3 hours
Naps Dropped?	2 down to 1 nap between 14-18 months
To preserve Night Sleep, end Naps by:	4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds

18-24 months Sleep Averages

Waketime	5-6 hours before nap (1 nap)
Total Sleep per 24 hours	12-14 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	1.5-3 hours
Number of Naps	1-2
Max daily sleep (if you suspect it is robbing night sleep)	2 hours
Naps Dropped?	2 down to 1 nap between 14-18 months
To preserve Night Sleep, end Naps by:	4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds

2-3 years Sleep Averages

Waketime	5.5-7 hours (before nap)
Total Sleep per 24 hours	12-14 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	1.5-3 hours
Number of Naps	0-1 (ideally 1)
Max daily sleep (if you suspect it is robbing night sleep)	2 hours
Naps Dropped?	Ideally, your child will continue with 1 nap
To preserve Night Sleep, end Naps by:	3-4 pm
What is an ideal bedtime?	6-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds

3-4 years Sleep Averages

Waketime	6-8 hours (before nap)
Total Sleep per 24 hours	11-14 hours
Total Night Sleep	11-12 hours
Total Daily Sleep	0-2 hours
Number of Naps	0-1
Max daily sleep (if you suspect it is robbing night sleep)	0-2 hours
Naps Dropped?	1 down to 0 naps between 3-4 years (some may keep it longer)
To preserve Night Sleep, end Naps by:	3-4 pm
What is an ideal bedtime?	7-8 pm
Longest stretch of sleep at night	11-12 hours
Number of night feeds*	0 feeds