TYPICAL SLEEP PATTERNS

FOR CHILDREN UNDER 3

AGE	NUMBER OF NAPS	DAYTIME SLEEP HOURS	LENGTH OF EACH NAP	AWAKE TIME BETWEEN NAPS	TOTAL NIGHTTIME SLEEP
Newborn babies (birth-3 months)	sleep roughly 16 hours a day split evenly between day and night				
3-4 Months	4-5 naps	3-4 hours	30 min-2 hours	about 1-2 hours	9-10 hours
5-6 Months	3-4 naps	2.5-3.5 hours	30 min-2 hours	about 2 hours	10 hours
7-8 Months	2-3 naps	2-3 hours	1-2 hours	2-3 hours	10 hours
9-12 Months	2 naps	2-3 hours	1-2 hours	3-4 hours	11 hours
12-14 Months	1-2 naps	2-3 hours	2-3 hours	3-4.5 hours	11 hours
14-18 Months	1-2 naps	2-3 hours	2-3 hours	4-5 hours	11 hours
18-24 Months	1 nap	1-3 hours	1-3 hours	5-5.5 hours	11 hours
2 year-olds	1 nap	1-2.5 hours	1-2.5 hours	5-6.5 hours	11 hours

DeJeu, Emily. 2025. The Baby Sleep Site. "Baby Nap Chart: Learn How Long Baby Should Nap, and How Many Naps Baby Needs." Accessed February 13, 2026