



SLEEP BY AGE

COMPLIMENTARY REFERENCE GUIDES

As your little one grows, the amount and organisation of sleep throughout the day changes. Sleeping too little (and sometimes too much) is a common cause of sleep problems. This reference guide details the average* naps, daytime and nighttime sleep by age. It is useful to refer to this regularly, especially during challenging sleep periods to ensure you're roughly on track!

The key regression milestones have been noted where relevant, which are normal and may turn sleep a little upside down for a few days / weeks. For more information and tips, please see my "Guide to Regressions", available as a complimentary resource.

AGE 0-6 weeks

Total 24 hour sleep	14-17 hours
Daytime sleep	4-7 hours
Nighttime sleep	9-10 hours
Number of naps	Evenly spread
Awaketime guide	30 to 60 minutes

AGE 6-9 months

Total 24 hour sleep	12-15 hours
Daytime sleep	3-4 hours
Nighttime sleep	10-11 hours
Number of naps	3
Awaketime guide	2 to 3.5 hours.

AGE 2-2.5 years

Total 24 hour sleep	10-13 hours
Daytime sleep	upto 2 hours
Nighttime sleep	10-12 hours
Number of naps	1
Awaketime guide	5 to 7 hours.

AGE 6-12 weeks

Total 24 hour sleep	14-17 hours
Daytime sleep	4-7 hours
Nighttime sleep	9-10 hours
Number of naps	6-7
Awaketime guide	60 to 75 mins

AGE 9-16 months

Total 24 hour sleep	11-14 hours
Daytime sleep	2-3 hours
Nighttime sleep	10-11 hours
Number of naps	2.
Awaketime guide	3 to 6 hours

The "8-10 month regression" may creep in as well as around their first birthday.

AGE 2.5 - 5 years

Total 24 hour sleep	10-13 hours
Daytime sleep	up to 2 hours
Nighttime sleep	10-13 hours
Number of naps	0-1.
Awaketime guide	up to 14 hours.

AGE 3-6 months

Total 24 hour sleep	13-15 hours
Daytime sleep	4-5 hours
Nighttime sleep	9-10 hours
Number of naps	4-6 to 3-4
Awaketime guide	75 to 120 mins

The "4 month regression" can occur between 3 and 6 months.

AGE 16-24 months

Total 24 hour sleep	11-14 hours
Daytime sleep	2-3 hours
Nighttime sleep	10-11 hours
Number of naps	1
Awaketime guide	5 to 7 hours

At around 18 months and 2 years old, regressions are also common.

* based on averages, and no baby / child is average! Therefore please use as a guide.

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