

TOTAL SLEEP NEEDS

Age	# of Naps	Ideal Time Between Sleep	Total Nap Time	Overnight Sleep	Total Sleep Needs
1-2 Months	4-6	1 Hour	6 Hours	12 Hours	16-18 Hours
3-4 Months	3-4	1.5 Hours	4-5 Hours	12 Hours	15-17 Hours
5-6 Months	3-2	2-3 Hours	3-4 Hours	11-12 Hours	12-16 Hours
7-11 Months	2	3 Hours	3 Hours	11-12 Hours	12-16 Hours
12-15 Months	2-1	4 Hours	2.5 Hours	11-12 Hours	12-14 Hours
15 Months - 4 Years	1	5+ Hours	1-2 Hours	10-12 Hours	11-14 Hours

Things to Note:

- Until bedtime & overnight consolidate {sleeping through} - wake windows can be harder to achieve.
- Babies need 24-32 oz of milk in a 24-hour period for optimal growth. Always feed for nutrition. Feeding to sleep creates associations that will have to be broken.
- Overtired patterns can create a cycle of sleep disruption. To change outcomes, you have to change root cause.

Book a Discovery Call with Carolyn: [Book a Time Here](#)