BABY SLEEP CHART

Your Baby's Sleep Needs Simplified on One Page



Little Moon

Here’s Your Baby's Sleep Chart

Thank you for downloading this chart. I'm Sophia, a certified pediatric Sleep Consultant, and I put this chart together because I know how overwhelming it can be to search for answers about your baby's sleep.

There is so much conflicting information out there and most of it doesn't tell you what to actually do with it.

This chart gives you age-based sleep ranges covering wake windows, nap numbers, and total sleep goals from newborn through 24 months.

Before you dive into the numbers, read through the short explanation on the next page so you know exactly what you're looking at and how to use it for your baby.



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Here is what each column means:

Wake windows are the stretches of time your baby can comfortably stay awake between sleep periods. A wake window that is too long leads to an overtired baby who is harder to settle. Too short and she may not be tired enough to fall asleep easily. Watching wake windows is often more useful than watching the clock.

Total sleep goal is the full amount of sleep your baby needs in a 24-hour period, including naps and night sleep combined. Some babies get more of this at night, others spread it across naps. Both can be normal.

Night time sleep is roughly how many hours you can expect your baby to sleep between bedtime and the start of the day. This is a goal range, not a guarantee, and it shifts as naps consolidate and your baby matures.

Number of naps tells you how many sleep periods to expect during the day. You will notice this decreases with age as your baby's wake windows grow longer and she can handle more awake time between sleeps.

Min-max nap time is the range of what counts as a restorative nap at each age. A nap shorter than the minimum is often a catnap and may not fully recharge your baby. A nap longer than the maximum is fine if it happens occasionally, but consistently long naps can sometimes affect night sleep.

Note: These ranges are based on developmental averages. They do not account for illness, teething, growth spurts, or sleep regressions, all of which can temporarily shift your baby's sleep needs. If your baby is going through a hard patch, come back to this chart once things settle and use it as a reset point rather than a source of stress.



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AGE	WAKE WINDOWS (HOURS)	TOTAL SLEEP GOAL (HOURS)	NIGHT TIME SLEEP (HOURS)	NUMBER OF NAPS	MIN-MAX NAP TIME
1 month or younger	0.5 - 1	16 - 20	11	4	25min - 3 hours
1-2 months	0.75 - 1	16 - 18	11 - 12	4 - 3	30min - 2.5 hours
2-3 months	1 - 1.5	15.5 - 18	11 - 12	4 - 3	45min - 2 hours
4-5 months	1.75 - 2	15 - 15.5	11 - 12	4 - 3	30min - 2.5 hours
6-7 months	2.25 - 2.75	14 - 14.5	11 - 12	3 - 2	45min - 2 hours
8-9 months	2.75 - 3	14 - 14.5	11 - 12	3 - 2	45min. - 2 hours
10-11 months	3 - 4	14 - 14.5	11 - 12	2	45min. - 2 hours
12-13 months	3 - 6.5	14	11 - 12	2	45min. - 2 hours
14-15 months	3 - 6.5	13.5 - 13.75	11 - 12	2 - 1	45min. - 2.5 hours
16-24 months	4.5 - 6.5	12 - 13.5	11 - 12	2 - 1	45min. - 2.5 hours

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Some thoughts

If you're here, you're either curious, or your baby was sleeping just fine… and then something changed.

More night wakings. Shorter naps. Fussier bedtimes. If you're feeling overwhelmed or unsure about how to approach your child's sleep struggles,

I'm here to help!

I offer 1:1 Sleep Consultations where we can dive deep into your child's sleep patterns, discuss strategies tailored to your specific situation, and create a step-by-step plan to get things back on track.

In addition, **I offer Sleep Support Packages for ongoing guidance, so you can feel confident in making progress with your child's sleep.**

Whether you need a quick check-in or more in-depth support, I've got you covered!



I know how hard sleep regressions can be, as I've been through all of them (twice!). I'm here for you mama, you don't have to do this all alone!

Sophia Anderson

Ready to take the next step?

You can schedule a free 20 minute sleep assessment call where we'll be consult directly by completing the form, or reach out to me via email with any questions.

Don't wait any longer, let's work together to create peaceful sleep for your child and peace of mind for you!

Choose Your Time

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