

Ever Calm

Sleep Needs (0 - 5y)

Age Range	Total Sleep (24hr)	Daytime Naps	Night Sleep
Newborn (0–3m)	14–17 hrs	4–6 naps	8–12 hrs
4–6 months	13–15 hrs	3–4 naps	10–11 hrs
7–9 months	13–14 hrs	3 naps	10–11 hrs
10–12 months	12–14 hrs	2 naps	10–11 hrs
13–18 months	12–14 hrs	1–2 naps	10–11 hrs
2 years	11–14 hrs	1 nap	10–11 hrs
3 years	10–13 hrs	0–1 nap	10–11 hrs
4–5 years	10–12 hrs	mostly no nap	10–12 hrs

*Need tailored support?
Book in a Sleep Reset Call [here](#),
or learn more about my Ever Calm Sleep Method [here](#).*