

Comprehensive Sleep Table

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Age range	Day Sleep (Naps)								Night Sleep				Total sleep in 24h (hrs)
	Total amount of day sleep (h)	Number of naps	Morning nap		Mid-day nap		Late nap		Awake before sleep	Night length	Sleeping through	number of Wakings	
			Awake	nap length	Awake	nap length	Awake	nap length					
0 - 2 months	5-7	many	varies	varies	varies	varies	varies	varies	varies	10-13	2.5-4	many	15-18
3 - 4 months	4-5	4-3	1.5-2	1-1.5	2-2.5	1-2.5	2-2.5	0.5-1	2-2.5	10-12	4-8	2 - 4	14 - 16
5 - 6 months	4-5	3-2	2-2.5	1-1.5	2-2.5	1-2.5	2-2.5	0.5-1	2-3	10-12	6-12	0 - 2	14 - 16
7 - 9 months	2-4	2	2-2.5	0.5-1.5	2.5-3	1.5-3	Stops after 6 months		3-5	11-13	8-13	0 - 1	13 - 15
10 - 12 months	2-4	2	2-3	0.5-1	2.5-3	1.5-3	-		3.5-5	11-13	8-13	0 - 1	13 - 15
13 - 14 months	2-3	2	2-3	0.5-1	2.5-5	1-3	-		4-5	11-13	11-13	-	13 - 15
15 - 18 months	2-3	2-1	Stops after 14 months		5-6	1.5-3	-		4-5	11-13	11-13	-	13 - 15
19 - 24 months	2-3	1	-		5-6	1.5-3	-		4-5	10-13	10-13	-	13 - 15
2 - 3 years	1-3	1	-		6-7	1-3	-		4-6	10-12	10-12	-	11 - 14
3 - 5 years	0-2	0-1	-		6-7	1-2	-		11-14	10-12	10-12	-	11 - 13
5 - 11 years	0	0	-		Keep as long as possible		-		12-13	9-12	9-12	-	9 - 12
12 - 17 years	0	0	-		At least until 3 years		-		13-16	8-11	8-11		8 - 11