

Sleep Targets by Age...

little
livewires

INSTAGRAM/TIKTOK:
@littlivelivewires

WEBSITE:
littlivelivewires.com

**0-5
MOS**

Awake window: 1-2 hours
Number of naps: 4-5
Nap total: Varies
Nighttime total: 8-1/2 to 11 hours

**4-month regression
(brain growth)**

**8-month regression
(crawling)**

Awake window: 2 hours
Number of naps: 3
Nap total: 3-1/2 hours
Nighttime total: 11 hours

**6-8
MOS**

**9-10
MOS**

Awake window: 2-3 hours
Number of naps: 2
Nap total: 3-1/2 hours
Nighttime total: 11 hours

**10-month regression
(Pull to stand)**

**12-month regression
(Walking)**

Awake window: 3-4 hours
Number of naps: 2
Nap total: 2-1/2 hours
Nighttime total: 11 hours

**11-12
MOS**

**13-17
MOS**

Awake window: 4-6 hours
Number of naps: 2
Nap total: 2-1/2 hours
Nighttime total: 11-1/4 hours

15-month regression

18-month regression

Awake window: 5-6 hours
Number of naps: 1
Nap total: 2-1/4 hours
Nighttime total: 11-1/4 hours

**18-23
MOS**

2 YRS

Awake window: 5-6 hours
Number of naps: 1
Nap total: 2 hours
Nighttime total: 11 hours

2-year regression

3-year regression

Awake window: 6+ hours
Number of naps: 1
Nap total: 1-1/2 hours
Nighttime total: 10-11 hours

3 YRS

4 YRS

Number of naps: Quiet Time (many children drop naps now)
Quiet Time total: 45 minutes - 1 hour
Nighttime total: 11 to 11-1/2 hours