



# YEAR ONE SLEEP SCHEDULES

Here are some general guidelines for baby sleep needs during year one. Please keep in mind that every baby is different, so pay close attention to your child and the signals they are giving you when it comes to determining their specific sleep needs and schedule.

## Newborn—3 months old

Awake time: 45-90 mins

Naps: 4-6

Total Sleep: 16-18 hours

### Sample Schedule (4 naps):

8am—Wake Up

9am—Nap 1

12pm—Nap 2

3pm—Nap 3

6pm—Nap 4

8-8:30pm—Bedtime

## 3—6 months old

Awake time: 1.5-2.5 hrs

Naps: 3-4

Total Sleep: 14-17 hours

### Sample Schedule (3 naps):

7am—Wake Up

9am—Nap 1

12:30pm—Nap 2

3:30/4pm—Nap 3

7:30pm—Bedtime

## 6—9 months old

Awake time: 2.5-3.5 hrs

Naps: 2-3

Total Sleep: 13-15 hours

### Sample Schedule (2 naps):

7am—Wake Up

10am—Nap 1

2:30pm—Nap 2

7pm—Bedtime

*\*Nap transition 3 to 2: 5-8 months old. Look for decreased nap length, 30+ min of crying/playing during nap, early wake ups.*

## 9—12 months old

Awake time: 3-4 hrs

Naps: 1-2

Total Sleep: 12-15 hours

### Sample Schedule (1 nap):

7am—Wake Up

12:30pm—Nap

7pm—Bedtime

*\*Nap transition 2 to 1: 12-18 months old. Look for long am nap, short pm nap, 1 nap starts to become challenging (sometimes doesn't fall asleep at all).*

