

Baby Nap Chart



Age (in months)	Wake Window (in hours)	# of Naps	Total Daytime Hours
0 to 4	0.5-1.5	4 to 6	4 to 6
4 to 6	1 to 2	3 to 4	3 to 4
6 to 8	2 to 3	2 to 3	2 to 3
8 to 9	2.5 to 4	2 to 3	2 to 3
10 to 12	3 to 4	2	2 to 3
13 to 18	3.5 to 5	1 to 2	2 to 3
18 to 24	5 to 6	1 to 2	2 to 3
24 to 36	5.5 to 12	0 to 1	0 to 2
36 to 48	6 to 13	0 to 1	0 to 1.5

Note: These are averages and some children will sleep more or less

Time For Naps

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