

SLEEP NEEDS TABLE

KEY & NOTES

BIRTH TO 4 YEARS



M = MINUTES
H = HOURS
OD = ON DEMAND

- THIS IS A GUIDE - NOT A RULEBOOK
- IF YOUR CHILD'S SLEEP IS WORKING BUT IS 'OUTSIDE' THIS TABLE, IT DOESN'T MATTER! - 'IF IT AIN'T BROKE DON'T FIX IT!'
- GAPS MAY BE SHORTER AT THE START OF THE SLEEP TEACHING
- SHORTEN GAPS AFTER A BROKEN NIGHT/ SHORT NAP
- GAPS WILL LENGTHEN AS YOUR CHILD CATCHES UP ON SLEEP
- ADD UP TO 1 HOUR TO THE GAP BETWEEN LAST NAP + BED
- SEE OUR TROUBLESHOOTING SECTION FOR HELP

SLEEP NEEDS TABLE

BIRTH TO 4 YEARS



AGE	NAP GAP	DAY SLEEP	NAPS	NIGHT SLEEP	NIGHT FEEDS
1 MONTH	45 M	OD	OD	OD	OD
2 MONTHS	1 H	OD	OD	OD	OD
3 MONTHS	1 H 15	OD	OD	OD	OD
4 MONTHS	1 H 30	OD	OD	OD	OD
5 MONTHS	1 H 45	4 -5 H	3	10 - 12 H	0 - 2
6 MONTHS	2 H	3.5 - 4.5 H	3	10-12 H	0 - 1

SLEEP NEEDS TABLE

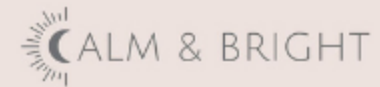
BIRTH TO 4 YEARS



AGE	NAP GAP	DAY SLEEP	NAPS	NIGHT SLEEP	NIGHT FEEDS
7 MONTHS	2 H 15	3 - 4 H	2 - 3	10 - 12 H	0 - 1
8 MONTHS	2 H 30	2.5 - 4 H	2	10 - 12 H	0 - 1
9 MONTHS	2 H 45	2.5 - 3.5 H	2	10 - 12 H	0
10 MONTHS	3 H	2.5 - 3 H	2	10 - 12 H	0
11 MONTHS	3 H 15	2 - 3 H	2	10 - 12 H	0
12 MONTHS	3 H 30	1.5 - 2.5 H	1 - 2	10 - 12 H	0

SLEEP NEEDS TABLE

BIRTH TO 4 YEARS



AGE	NAP GAP	DAY SLEEP	NAPS	NIGHT SLEEP	NIGHT FEEDS
15 MONTHS	3 H 45	1.5 - 3 H	1 - 2	10 - 12 H	0
18 MONTHS	4 H	1.5 - 3 H	1	10 - 12 H	0
21 MONTHS	4.5 - 5	1.5 - 2.5 H	1	10 - 12 H	0
2 YEARS	5 - 6 H	1 - 2 H	1	10 - 12 H	0
3 YEARS	12 H	0 - 45 M	0 - 1	10 - 12 H	0
4 YEARS	12 H	0	0	10 - 12 H	0