



Navigating your baby’s sleep needs can be tricky, but understanding total sleep recommendations makes it easier. By knowing how much sleep they require and the ideal number of naps, you can support their growth and development with confidence.

Every baby’s sleep patterns are unique, but their total sleep hours and nap needs evolve as they grow. Use the table below as a guide, and remember, [KixNurses](#) are here if you need support with your baby’s sleep!

Age	Total Sleep	No. of Naps
0 – 1 Month	16 – 18 Hours	4 – 5
2 – 3 Months	15 – 18 Hours	4 – 5
4 – 5 Months	14 – 16 Hours	3 – 4
6 – 8 Months	14 – 15 Hours	2 – 3
9 – 12 Months	13.5 – 14 Hours	2
12 – 18 Months	13 – 14 Hours	1 – 2
18 – 24 Months	13 – 13.5 Hours	1
2 Years	13 Hours	1
3 Years	12 Hours	0 – 1
4-5 Years*	11 Hours	0 – 1

***NO NAP**