

# Morning Light Sleep Consulting

## Quick Reference Sleep Guide

Age	Number of Naps	Duration of Naps	Wake Window	Bedtime	Night Sleep	Total Sleep
0-6 weeks	4 - 6	30min-2hr	45min-1hr	8:00-10:00pm	10-12hr	15-18hr
6-10 weeks	4 → 3	30min-2hr	1-1.5hr	7:00-9:00pm	10-12hr	12-16hr
11-15 weeks	3	30min-2hr	1.25-2hr	7:00-9:00pm	10-12hr	12-15hr
4-5 months	3	1-2hr	2-2.5hr	7:00-8:00pm	10-12hr	12-15hr
6-7 months	3 → 2	1-2hr	2.5-3.5hr	7:00-8:00pm	10-12hr	12-14hr
8-10 months	2	1-2hr	3-4hr	7:00-8:00pm	10-12hr	12-14hr
11-12 months	2	1-2hr	3.5-4hr	7:00-8:00pm	10-12hr	12-14hr
13-18 months	2 → 1	1-3hr	3.5-5hr	7:00-8:00pm	10-12hr	12-14hr
18 mon-2.5 yrs	1	1-3hr	4.5-5.5hr	7:00-8:00pm	10-12hr	12-14hr