



BABY SLEEP *Cafe*

Awake Times

Age	Wake Time Length	Naps	Max Day Sleep	Total Sleep Naps + Night Sleep
0-3 Months	45-60 min	4-6 Naps (or more!)	4-6 Hours	14-17 Hours
Nap Transition: 4 Months	1.5hr-1hr 45 min	4 Naps	4 Hours	12-15 Hours
Nap Transition: 5 Months	2-2.5 hrs	3 Naps	3.5 Hours	12-15 Hours
Nap Transition: 6-7 Months	2.5-3.5 hrs	2 Naps	3 Hours	12-15 Hours
Nap Transition: 12-24 Months	5-5.5 hrs	1 Nap	2-2.5 Hours	11-14 Hours
24-36 Months	6 hrs	1 Nap	1.5-2 Hours	11-14 Hours
~2.5- 3 Years	NO	MORE	NAPS	10-13 Hours