

Newborn Naps



CHART



AGE



AWAKE TIME
BETWEEN NAPS



LENGTH OF
NAP



NUMBER OF
NAPS PER DAY

1 MONTH

40-60 MINUTES

40-60 MINUTES

3 - 5

2-3 MONTH

60 MINUTES

1 - 3 HOURS

3 - 4

3-6 MONTH

1.5 - 2 HOURS

1.5 - 2.5 HOURS

3 - 4

6-9 MONTH

2 - 3 HOURS

45 MINUTES -
2 HOURS

2 - 3

9-12 MONTH

3 - 4 HOURS

45 MINUTES -
2 HOURS

2

1-2 YEARS

4 - 5 HOURS

1.5 - 2.5 HOURS

1 - 2

2-4 YEARS

5 - 7 HOURS

1 - 2 HOURS

1