

# Maryanne Sayers

BABY SLEEP EDUCATOR



## GUIDE TO 24 HOUR SLEEP TOTALS (DAY AND NIGHT)

*\* This is a guide only, and on the basis that all my Foundations are in place.*

Age	Number of day naps	Length of day naps	Night-time sleep
Newborn	4	Approx. 2 hours + (each)	12 - 13 hours (with feeds)
1 to 3 months	3	Approx. 1.5 to 2 hours each (more is fine)	12 - 13 hours (with feeds)
3 to 5-6 months	3	At around 4 months — 2 x long naps of 1 to 2 hours each plus 1 shorter nap (40 to 60 mins each). At 5 - 6 months — ideally it should be 1 x long nap and 2 shorter naps (40 to 60 mins)	12 - 13 hours (with feeds)
5-6 months to 9-10 months	2	Approx. 3 to 4 hours in total across the 2 day naps	12 - 13 hours (no feeds overnight from 7.5 months onwards)
9-10 months to 13-14 months	2	Approx. 1 x long nap of 1 to 2 hours, and 1 x short nap of 40 to 60 mins	12 - 13 hours
14-16 months to 3 years	1	Approx. 1.5 to 2.5 hours	12 - 13 hours
3 - 4 years	0	n / a	12 hours