



# Little Bell Sleep Solutions

## Sleep/Wake Times Chart

Sleep and wake times are important to improve your child's overall sleep. A wake time refers to the amount of time your child spends awake in between sleep. If your child is up for too long, he may get overtired and fight sleep. This can also happen if he hasn't been awake long enough, because he hasn't built up enough sleep pressure. Meeting the appropriate wake times will improve your child's overall sleep. These wake times are an average by age, but every child is different. Sleepy signs will be the key to knowing when, within the appropriate time frame, to put your child down.

Age	Wake Time	Number of Naps	Maximum Day Sleep	Total Sleep/24 hrs.
1 - 3 months	1 - 1.5 hours	4 or more	4 - 6 hours	14 - 17 hours
4 - 6 months	2 - 2.5 hours	3 - 4	3.5 - 4 hours	12 - 15 hours
7 - 8 months	2.5 - 3 hours	2 - 3	3 - 3.5 hours	12 - 15 hours
9 - 12 months	3 - 3.5 hours	2	2.5 hours	12 - 15 hours
12 - 15 months	3.5 - 4.5 hours	1 - 2	2.5 - 3 hours	11 - 14 hours
15 mos. - 2 years	5 - 7 hours	1	3 hours	11 - 14 hours
3 - 4 years	10 - 13 hours	0	0	11 - 14 hours

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