

Center for Pediatric Sleep Management

Sleep Chart

Age (MO)	Max wake time (in hours)	Avg. daily sleep requirement (in hours)	Avg. Max TWT (total daytime awake time. subtract as needed)	Avg. hours of night sleep (total daytime awake time. subtract as needed)	"STTN" definition (cut-off for first feed/cut-off for next feed)	Typical # of naps	Limit each nap length (in hrs)	Max daily total nap amount in order to prevent night/day confusion (in hrs)	Recommended wait time (in min) before responding to nighttime wakings
<2	0.75-1	16-20	4-8	11	--	4+	3	--	10
3	1.5	15.5-18	6-8.5	11	4+/2.5-4/2.5-4	4	3	--	10
4	1.75-2	15.5	8.5	11-12	5+/3.5-4	4-3	2.5	4.5	10
5	2	15	9	11-12	6+/3.5-4	3	2	4	10
6	2.5	14.5	9.5	11-12	7+/4	3-2	2	3.5	15
7	2.75	14-14.5	9.5-10	11-12	7+/4	3-2	2	3.25	15
8	3	14-14.5	9.5-10	11-12	12+	3-2	2	3.25	15
9	3	14	10	11-12	12+	2	2	3	15
10-11	3-4	14	10	11-12	12+	2	2	3	15-20
12-14	3-4 (2 naps/4.5-6 h nap)	13.5-13.75	10.25-10.5	11-12	12+	2-1	2/3	3	15-20
15-18	5-6.5	13-13.5	10.5-11	11-12	12+	1	3	3	15-20
19-23		12-12.5	11.5-12		12+	1			15-20
2 yrs		12-12.5	11.5-12		12+	1	2?	2?	15-20
3 yrs		11-12	12-13			1-0			