



# DREAMBABYSLEEP

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Age	Total Hours of Sleep	Bedtime	Tips
Newborn	15 - 18	n/a	Newborns typically sleep in short cycles of 2-4 hours throughout the day and night.
1-4 months	14 - 15	8:00-11:00 PM	At this age they're still developing and feeding often at night. Bedtime will inch earlier as you approach the 4 month mark.
4-8 months	14 - 15	5:30-7:30 PM	Circadian rhythms are developing. Naps should be around 9/noon/3. Bedtime needs to be on the early side of the range if naps are short.
8-10 months	12 - 15	5:30-7:00 PM	Nap transition from 3 naps to 2 occurs at this time. Naps should fall around 9/1. To make up for lack of nap 3 lean on early to bed.
10-15 months	12 - 14	5:30-7:00 PM	Babies transition from 2 to 1 nap between 14-19 months old, don't make the mistake of transitioning them to early.
15 months to 4 years	12 - 14	5:30-7:30 PM	Hold onto the 1 nap a day for as long as humanely possible. Ideally, up to age 4. Fight hard to keep it and at minimum offer restful awake time. Offset with an earlier bedtime, when nap is dropped they'll need 1 extra hour of night sleep.

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