

Little Sleep Solutions Master Sleep Chart



| Age | Max Wake Time | Avg. Daily Sleep | Avg. Night Sleep | Typical # of Naps | Wait Time |
|-----------|---------------|------------------|------------------|-------------------|------------|
| <2 months | 0.75-1 hour | 16-20 hours | 11 hours | 4+ | 10 minutes |
| 3 months | 1.5 hours | 15.5-18 hours | 11-12 hours | 4 | 10 minutes |
| 4 months | 1.75 hours | 15.5 hours | 11-12 hours | 4-3 | 10 minutes |
| 5 months | 2 hours | 15 hours | 11-12 hours | 3 | 10 minutes |
| 6 months | 2.5 hours | 14.5 hours | 11-12 hours | 3-2 | 15 minutes |
| 7 months | 2.75 hours | 14-14.5 hours | 11-12 hours | 3-2 | 15 minutes |

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|--------------|---------------|------------------|------------------|-------------------|---------------|
| 8 months | 3 hours | 14-14.5 hours | 11-12 hours | 3-2 | 15 minutes |
| 9 months | 3 hours | 14 hours | 11-12 hours | 2 | 15 minutes |
| 10-11 months | 3-4 hours | 14 hours | 11-12 hours | 2 | 15-20 minutes |
| 12-14 months | 3-4 hours | 13.5-13.75 hours | 11-12 hours | 2-1 | 15-20 minutes |
| 15-18 months | 5-6.5 hours | 13-13.5 hours | 11-12 hours | 1 | 15-20 minutes |
| 19-23 months | 5-6.5 hours | 12-12.5 hours | 11-12 hours | 1 | 15-20 minutes |