

# RECOMMENDED SLEEP NEEDS CHART

AGE IN MONTHS	WAKE TIME (AVERAGE IN HOURS)	TYPICAL # OF NAPS	LIMIT EACH NAP LENGTH (IN HOURS)	MAX DAYTIME SLEEP (IN HOURS)	HOURS OF NIGHT SLEEP	WAIT TIME BEFORE RESPONDING TO WAKINGS (MINUTES)	TOTAL SLEEP IN 24 HOURS (IN HOURS)
BIRTH - 1 MONTH	.75	5-7	2.5	-	11	5	16+
2	1	4-6	2	-	11	10	16+
3	1.25-1.5	4-5	2	4.5	11-12	10	14-16
4	1.5-2	3-4	2	4	11-12	10	14-15
5	2-2.25	3	2	3.5	11-12	15	14-15
6	2-2.5	2-3	2	3.25	11-12	15	13-14
7	2-3	2-3	2	3.25	11-12	15	13-14
8	2.5-3.5	2	2	3	11-12	15	13-14
9	2.75-3.5	2	2	3	11-12	15-20	13-14
10	3-3.5	2-1	2-3	3	10-12	15-20	13-14
11	3-3.75	2-1	2-3	3	10-12	15-20	13-14
12 ON 2 NAPS	3-4	2	2	3	10-12	15-20	12-14
12 ON 1 NAP	4-6	1	3	2-3	10-12	15-20	13-14
18 MONTHS - 3 YEARS	5-6	1	1.5-2	1.5-2	10-12	15-20	11-14
3-5 YEARS	6+	1-0	-	45-60 MIN QUIET TIME	10-12	20	11-13



SHE'S SO WELL

*doula + sleep + maternal health*

# She's So Well

She So Well provides virtual birth and postpartum doula services, sleep consulting, and perinatal life coaching. Since 2016, we have helped hundreds of families ease the transition from people to parents!



**Make sure you have the support  
you need by working with me!**

Set up a free, no-obligation consultation to come up  
with a plan to help you once your baby.

Learn more at [www.shessowell.com](http://www.shessowell.com) or call/text me at  
443-554-7968.

✉ [shessowell@gmail.com](mailto:shessowell@gmail.com)

🌐 [shesowell.com](http://shesowell.com)

📷 [@shessowell](https://www.instagram.com/shessowell)