

BURGEONING BUD

POSTPARTUM DOULA

Infant Sleep Chart

(Adapted from The Center For Pediatric Sleep Management, By Jayne Havens)

Age (mo)	Max Wake Time (in hrs)	Avg. Daily Sleep requirement (in hrs)	Avg. Max TWT (Total daytime awake time, subtract as needed)	Avg. Hrs. of Night Sleep (Total daytime awake time, subtract as needed)	STTN (cut off for first feed/cut-off for next feed)	Typical # of naps	Nap Length Limit (in hrs)	Max Daily Total Nap (in hrs)	Recommended Wait Time (in min) before responding to night 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	9.5-10	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) 4.5-5/1 nap)	13.5-13.75	10.25-10.5	11-12	12+	2-1	2 (2 naps); 3 (1 nap)	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			