**Typical Sleep Guidelines by Age – BabyCenter Medical Advisory Board**

Making sure your baby gets enough sleep typically ranks high among new parent’s concerns. Every baby is different, and some need more sleep than others. That being said, there are general guidelines on how many hours of sleep the average baby requires at various ages.

**Newborn**

Nighttime: 8.5 hours

Daytime: 8.5 hours (varied number of naps)

Average Total Sleep: 17 hours

**1 Month**

Nighttime: 8.5 hours

Daytime: 7.5 hours (varied number of naps)

Average Total Sleep: 16 hours

**3 Months**

Nighttime: 9 hours

Daytime: 6 hours (3 naps)

Average Total Sleep: 15 hours

**6 Months**

Nighttime: 10 hours

Daytime: 4 hours (2-3 naps)

Average Total Sleep: 14 hours

**9 Months**

Nighttime: 11 hours

Daytime: 3 hours (2 naps)

Average Total Sleep: 14 hours

**12 Months**

Nighttime: 11 hours

Daytime: 3 hours (2 naps)

Average Total Sleep: 14 hours

**18 Months**

Nighttime: 11 hours

Daytime:2.5 hours (1 nap)

Average Total Sleep: 13.5 hours

**How Can I Help My Baby Get Enough Sleep?**

Coming up with a soothing nightly routine, setting an appropriate bedtime, and putting them to bed drowsy (but awake) all set the stage for helping your baby get enough sleep at night. When they get up after dark keep the lights dim, speak softly, and minimize your interaction so they do not fully wake up. Schedule your baby’s naps and meals at the same times each day to get them accustomed to routine. This predictability helps him stay calm and happy which makes it easier for them to settle down to sleep.