



Sleep times and naps

Age	Number of naps	Day time sleep	Nighttime sleep	Total
0-3 months	Evenly spread	Varies	Varies-	14-17
3-6 months	4	3-5	9-10	13-15
6-9 months	3	2-4	10-11	12-15
9-16 months	2	2-3	10-11	11-14
16-24 months	1	Max 2-3	10-11	11-14
2-2.5 years	1	Max 2	10-12	10-13
2.5-5 years	0-1	0-2	10-13	10-13
6-13 years	-	-	9-11	9-11
14-17 years	-	-	8-10	8-10
18+	-	-	7-9	7-9

Individuals

This chart is based on averages and data. Some children need more sleep and some may need less. If your child isn't getting enough sleep they may end up in "sleep debt" and this can make it harder to fall asleep but also harder to stay asleep.

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Child's age	Sleep in 24 hours	Nap length	Amount of sleep between last nap and ending and bedtime
18-24 months	11-14	Up to two hours	Up to 6 awake hours before bed
2-2.5 years	10-13	1.5-2 hours	Up to 7 hours awake before bed
2.5-3 years	10-13	1-1.5 hours	May manage the whole day
3+ years	10-13	1-1.5 hours	May manage the whole day

Sleep trainers will sell you the idea that "sleep breeds more sleep" – this isn't true. We can only get so much sleep in 24 hours. So when thinking about naps it's a three-step approach: Sleep pressure, your child's overall need to sleep, and Circadian rhythm {their body clock}

To be able to get any sleep there needs to be so much sleep pressure in the tank and then your child's circadian rhythm will help set the times required for sleep. So by looking at the sleep chart you can work out roughly what your child needs.

When you look at sleep it needs to be looked at over 24 hours so depending on the age of the child you will want to be ensuring there is enough space from last night to bedtime.

What to do next?

This may be a case of trial and error. You may need to try different sleep at different times. This might look different for every family depending on the age of your child. Download and try the 8 "quick wins" of sleep as a place to start.