



INFANT SLEEP: What to Expect the First Year

Age	Hours awake before tired	Number of Daytime Naps	Length of Daytime Naps	Daytime Naps	Length of Nighttime Sleep	Nighttime Sleep	Total Daytime Nap and Nighttime Sleep
Birth to 8 weeks	1 to 2 hours	Varies	Unpredictable	<p>Many naps spaced throughout the day and night.</p> <p>Can have one long stretch of 4-5 hours without feeding in each 24 hours. This longer sleep period can occur anytime within a 24 hour day.</p>			10.5 to 18 hours
2 to 4 months	1 to 2 hours	Varies	2.5 to 5 hours in a day	<p>Daytime sleep becomes more regular by 3 months of age.</p> <p>Babies begin to stay awake longer during the day.</p> <p>Most babies are not able to stay awake for more than 2 hours.</p>	9 to 12.5 hours with awakenings	By 3 months of age, most babies begin to sleep for longer lengths of time at night (3 to 5 hours).	14 to 15 hours
4 to 6 months	2 hours	2 to 3	2.5 to 5 hours in a day	<p>Morning nap develops first.</p> <p>Afternoon nap usually develops several weeks later.</p> <p>Babies may take a 3rd brief nap around 5-6 p.m.</p> <p>Some babies do not develop a pattern of regular naps until they are 5-6 months old.</p>	9 to 12.5 hours with awakenings	<p>May need an earlier bedtime.</p> <p>Most babies will sleep for longer lengths of time (4 to 5 hours) at night, but not all babies will.</p>	14 to 15 hours
6 to 12 months	6 months: 2 to 3 hours	2 to 3	2.5 to 5 hours in a day	<p>Most babies have a morning nap and an afternoon nap.</p>	9 to 12.5 hours with 0 to 2 awakenings	<p>Nighttime sleep continues to lengthen. Babies could sleep 6 hours at a time or more.</p> <p>20-30% of 9 month old babies do not sleep through the night.</p> <p>Most 10 month old babies will wake up and go to sleep around the same time every day.</p>	14 to 15 hours
	8 months: 3 hours	2 to 3		<p>Babies usually stop wanting a 3rd nap around 9 months of age.</p>			
	12 months: 3 to 4 hours	1 to 2		<p>Some babies only need one nap around 10-12 months of age. Between 12 and 17 months, most children (60%) will only need one daytime nap, which usually takes place in the afternoon.</p>			

During your baby's first year, their sleep can be affected by many things. Your baby might be too hot or too cold, teething, hungry or sick. A change in the family routine or reaching a developmental milestone such as sitting or walking can also affect your baby's sleep.

REMEMBER, EVERY BABY IS DIFFERENT. NIGHT WAKING IS NORMAL.

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