



# SLEEP TARGETS

Age	Milestone	Wake Window	Naps	Nap Total	Nighttime
3-5 mos.	4-month regression (Brain growth)	60-90 mins	4-5	varies	8-1/2-11 hrs
6-8 mos.	8-month regression (Crawling)	2 hrs	3	3-1/2 hrs	11 hrs
9-10 mos.	10-month regression (Pull to stand)	2-3 hrs	2	3-1/2 hrs	11 hrs
11-12 mos.	12-month regression (Walking)	3-4 hrs	2	2-1/2 hrs	11 hrs
13-17 mos.	15-month regression	4-6 hrs	1-2	2-1/2 hrs	11 hrs
18-23 mos.	18-month regression	5-6 hrs	1	2-1/4 hrs	11 hrs
2 yrs.	Two-year regression (Individuation)	5-6 hrs	1	2 hrs	11 hrs
3 yrs.	Three-year regression	6+ hrs	1	1-1/2 hrs	10-1/2 hrs
4+ yrs.		6+ hrs	Quiet Time	45 mins-1 hr	11 hrs