



Ideal Nap Amounts

Birth – 3 months

3 – 5 naps a day, or more

4 – 6 months

2 – 3 naps a day

6 – 12 months

2 naps a day

As for nap length, this varies from baby to baby! Long stretch nappers – sleeping for two to three-hour chunks, or micro-nappers – only sleeping in 30-minute bursts. If your baby is a micro-napper, it's expected that they will nap more than the above rubric.

