

# BABY SLEEP CHEAT SHEET

[www.sweetbabybliss.com](http://www.sweetbabybliss.com)

## HOW MUCH SLEEP DOES MY BABY REALLY NEED?

0-3 Months  
**16-18 HRS**

3-6 Months  
**15 HRS**

HOURS  
PER DAY

6-12 Months  
**14 HRS**

12+ Months  
**12-13 HRS**

## HOW CAN I TELL WHEN MY BABY IS GETTING TIRED?

Signs your baby may be getting tired:



**FUSSING**



**YAWNING**



**RUBBING EYES**



**ARCHING BACK**



**PULLING AT EARS**

## WHY DOES MY NEWBORN SLEEP ALL DAY AND STAY UP ALL NIGHT?

Day/Night confusion is very common among newborns, especially during the first 4-6 weeks. Below are some tips to follow to help your baby learn the distinct difference between day and night.



Keep things brighter, louder and more active during the day

Keep things pretty dark, quiet and calm during the night



## HOW MANY NAPS DURING THE DAY DOES MY BABY NEED?

AGE IN MONTHS	NAPS/DAY
0-3	4-5
3-6	3
6-14	2
15-24+	1

## WHAT IS THE IDEAL BEDTIME FOR MY BABY'S CURRENT AGE?

AGE	BEDTIME
0-6 WEEKS	VARIES
6-15 WEEKS	8:00-11:00 PM
4-8 MONTHS	6:00-7:30 PM
8-24+ MONTHS	6:30-8:00 PM

## HOW LONG SHOULD MY BABY STAY AWAKE BETWEEN NAPS

Knowing how long your baby can handle being awake between naps can help prevent them from over-tiredness. These are averages so be sure to also pay attention to sleepy cues as well.

0-12 Weeks 40-90 MINS

3-4 Months 1.5-2 HOURS

5-8 Months 2-3 HOURS

8-14 Months 3-4 HOURS

14-24 Months 5-6 HOURS