



# Sleep

## *A Guide for Newborn Needs*

Babies are all different, with unique needs and individual rhythms. Here is a suggested guideline for infant sleep, which changes as they grow.

### 0 to 4 Months

In that first month, baby may get up to 20 hours of sleep a day, waking only for short periods of time to feed. Over the next couple of months, baby will need about 15 to 18 hours of sleep a day—that's at least eight hours at night and seven during the day, spread over three naps.

### 4 to 6 Months

Baby now needs slightly less shuteye—about 15 hours a day. Increase nighttime sleep to 11 to 12 hours, and reduce naps to three to four hours altogether, spread over three naps.

### 6 to 12 Months

Baby needs about 14.5 hours of sleep a day, with about 11 to 12 during the night. The other two to three-and-a-half hours should come during two naps.

### 12 to 18 Months

By now, baby will sleep about 14 hours a day—11 to 12 hours overnight, and one-and-a-half to three hours during the day. Many babies switch from two naps to one during this time.

### 18 to 36 Months

Nighttime sleep stays put at 11 to 12 hours. Most toddlers take one nap of about one-and-a-half to three hours





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### *Baby Bedtime*

Tips for Safe  
& Sound  
Sleep

1 Put baby down on their back to sleep

2 Use a fitted sheet and ensure there are minimal gaps between mattress and crib/wall

3 Remove toys, blankets, pillows and bumpers as these can be a safety hazard and/or distraction

4 Ideal temperature between 68-73 degrees, use a swaddle or sleep sack for warmth

5 Use a white noise machine and dim the lights for less day/night confusion