



0-12 Month Sleep Map



0-12 MONTH SLEEP MAP

Sleep Development, Birth - 12 Months



Immature sleep, short sleep cycles or long wakeful periods or very sleepy are all normal for newborns.



Maternal melatonin wears off and baby "wakes up"



Social smiling soon starts. Naps can begin to regulate into 3-4 regular naps a day. The 6 week growth spurt can mean more feeding and less sleeping for a few days.



Baby's night sleep cycles are 4-6 hours long. any babies are happy to sleep through with 1-2 feeds a night at this age.



The four month sleep regression often begins and results in 45 minute naps and often 2 hourly wake ups at night. Check out our 15 minute chat options for more help with this.



Many babies start to roll back to tummy around 5-6 months. It's time to un-swaddle your baby. This milestone can disrupt sleep for a couple of nights.



Introduce a sleeping bag as you un-swaddle your baby.



This is a good age to work on sleeping through the night if your baby is thriving and healthy.

3 NAPS A DAY SHOULD ALSO BE ESTABLISHED BY 6 MONTHS, AND CAT NAPPING SHOULD HAVE RESOLVED.



Solids will have started, and might disrupt sleep as your baby has to make new enzymes and the gut flora changes as food is introduced.



Most babies have dropped to 2 naps by this age. Increase to 3 solid meals a day.



Any babies begin to crawl and sit. This movement development can cause a night regression in sleep. Allow your baby to self-settle.



Lots of babies begin to start walking and standing. Another regression often results. Encourage your baby to lie down. Keep your 2 naps a day until 18 months.

Baby SLEEP CONSULTANT





Baby Sleep Consultant

If you want some more help with your child's sleep,
[get in touch](#)

Try our [Online Sleep Program](#)

www.babysleepconsultant.co.nz

We would love to help you and your family get the sleep you all need and deserve!

Remember sleep is a biological necessity, not a luxury!



Emma Purdue

Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.