


Sleep: **What to expect** **3-6 months / 6-12 months**





All babies are different. Some will sleep for longer than others. It is normal for a baby to wake frequently in the night.

Typical sleep by age:

3-6 months: 8-17 hours per day.

6-9 months: 14-15 hours per day, including 1-3 daytime naps.

9-12 months: 13-14 hours per day, including at least 1 daytime nap.

3-6 months

- Your baby at this age is developing at a fast rate. They may wake more frequently at night for a feed. This is often due to a growth spurt, which can last for a few days.
- Growth and development of your baby during this time can affect your baby's sleep pattern.
- Other things that can affect your baby's sleep include teething and illness.
- By 5 months, a baby could be sleeping up to 8 hours.
- To support your baby's sleep, it's important to try to reduce over-stimulation by having a soothing bedtime. Keep the bedroom dark and use a quiet, soothing voice. This will help your baby recognise the difference between night-time and daytime.

6-12 months

As your baby continues to grow, it's helpful to know the things that can affect their sleep and how you can support them to develop good sleeping habits.

What can affect sleep at this age?

- 🕒 Artificial light can stimulate your baby's brain, making it hard for them to sleep.
- 🕒 Medical problems (e.g. reflux).
- 🕒 Minor ailments (e.g. coughs, colds, etc.).
- 🕒 Teething.
- 🕒 Growth spurts.
- 🕒 Changes in routine (e.g. holidays, moving house, parent returning to work, etc.).
- 🕒 Going into their own room (e.g. at 6 months).

Safe sleeping advice

Put your child on their back for every sleep, in a clear, flat sleep space (free of bumpers, toys, pillows and loose bedding). Keep them smoke free day and night.

Source attribution: Safe sleeping advice, Lullaby Trust





Things to try

- Try to have a structure or routine to your day.
- Keep the bedroom dark (e.g. use blackout blinds or curtains).
- Use a quiet voice during settling-down time.
- Limit stimulation before the bedroom routine starts.

Note: It's normal for babies at this age to still wake during the night.

Contact and social media



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(9am to 5pm)



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