

Infant Sleep Timeline



2 to 6 weeks old

- Baby is able to sleep 2 to 4 hours at one time.

6 to 8 weeks old

- Baby sleeps more often at nighttime.

3 months

- Babies begin sleep in deep sleep, and are able to sleep about 4 hours at one time.

6 Months

- Babies may be able to sleep up to 6 hours at one time.