Baby Sleep Patterns

Some babies need more sleep than others. As your baby gets older, his sleep will change and become more predictable.

This is what you can expect:

**Newborn to 6 Weeks**
Newborns sleep for only a few hours at a time and will wake many times throughout the day and night. This is normal and healthy for newborns.

**6 to 8 Weeks**
Your baby may sleep more at night because he is awake more during the day. Waking up at night is still normal and healthy.

**About 3 Months**
At night, your baby will sleep for longer periods of time, and wake up less often.

**About 6 Months**
Your baby may sleep up to 6 hours at a time.

Babies may have times when they wake up more often due to growth spurts, sickness, or changes in routine.