

Your 9-month-old's sleep

Personalized guide · sleep rhythm, challenges, schedule and tips for this stage

AWAKE TIME

2 h 30 min – 4 h

NAPS PER DAY

2

TOTAL SLEEP / 24 H

12–15 h

NIGHT · NAPS

11 h · 2,5–3 h

What's happening with sleep now

These months are often one of the calmest, most predictable stretches of the whole first year. Your baby settles into two solid naps a day, wake windows stretch to roughly 2h30m to 4h (a little longer by 10 months), and nights tend to hold at around 11 hours. Total sleep sits comfortably in the 12 to 15 hour range, with naps adding up to about 2.5 to 3 hours.

With longer, steadier wake windows, the day finally has a rhythm you can lean on. A typical shape is: wake, first nap late morning, a longer afternoon nap, then bedtime after the last wake window. Because the timing is so consistent now, this is the perfect moment to anchor both naps to the same times and the same place each day.

Underneath the calm, your baby is busy: pulling to stand, cruising along furniture, babbling, and getting stronger and more curious by the week. That development is wonderful and it can spill into sleep as excitement or new skills to practice, but the underlying structure of two naps and a solid night is stable and worth protecting.

A sample day

7:00 wake-up

7:00 AM

Wake up

10:30 AM – 11:45 AM Nap 1

3:15 PM – 4:30 PM Nap 2

8:00 PM

Bedtime 🌙

If they wake at 6:00

6:00 AM

Wake up

9:50 AM – 11:05 AM Nap 1

2:55 PM – 4:10 PM Nap 2

8:00 PM

Bedtime 🌙

Common challenges — and what helps

Baby pulls to stand or cruises in the cot at nap or bedtime and then gets stuck or frustrated.

This is a skill your baby wants to rehearse, so give plenty of daytime floor practice at pulling up and, importantly, at getting back down. In the cot, keep responses calm and brief: gently help them lie down without turning it into playtime, then step back. Lower the mattress to its lowest setting so a standing baby stays safe, and keep the cot clear of bumpers, pillows, and toys. It usually settles within a week or two as the skill becomes automatic.

One rough patch makes it look like baby is ready to drop to a single nap.

Almost no baby is truly ready for one nap before 12 months, so treat a bumpy few days as a blip, not a signal. A skipped or short nap is usually teething, a skill burst, or a slightly-off wake window, not a real readiness sign. Hold two naps steady, adjust wake windows within the normal range if timing drifts, and offer both naps in the usual spot. If a nap is genuinely lost, bring bedtime a little earlier that day to protect the night.

The second (afternoon) nap gets short, fought, or skipped, throwing off bedtime.

The afternoon nap is the more fragile of the two, and losing it too early leads to an overtired evening. Protect it by keeping the first nap from running too long or too late, so enough sleep pressure builds for the afternoon. Offer the second nap in a calm, dim room at a consistent time. If it turns into a very short nap or a full refusal, shift bedtime earlier that day rather than pushing through a long, overtired stretch.

What's coming next

Sometime around the first birthday, many babies hit a noticeable wobble: a burst of walking, first words, and a wave of separation awareness can all land at once. It often looks like a nap strike or a sudden readiness to drop a nap, but it is usually a developmental regression rather than a true schedule change. The steadiest path through it is to keep offering both naps and hold your familiar routine, even on the days it feels temporarily messy. Two naps almost always belong here well past 12 months.

What helps most right now

- ☾ Anchor both naps to consistent times and the same calm, dark place every day so your baby's body learns to expect sleep.
- ☾ Lower the cot mattress to its lowest position now that baby can pull to stand, and keep the cot free of pillows, bumpers, and loose toys.
- ☾ Give lots of daytime practice pulling up and lying back down, so the new skill gets rehearsed on the floor instead of in the cot at 3am.
- ☾ On any day a nap is short or skipped, move bedtime earlier rather than stretching the last wake window and ending up overtired.

Safe sleep

Safe sleep (the essentials): your baby sleeps best and safest **alone, on their back, in a clear cot** — firm flat mattress, no pillows, duvets, bumpers or soft toys. Room-share without bed-sharing, especially before 6 months, and avoid overheating. If you ever have concerns about your baby's breathing or rest, talk to your pediatrician.

When to check with your pediatrician

When to check with your pediatrician: sleep varies a lot from baby to baby, but do mention it to your doctor if you notice **loud snoring, pauses in breathing, or very laboured breathing**, if your baby isn't gaining weight or is feeding poorly, if they consistently sleep far less (or more) than expected and seem unhappy or unusually drowsy, or if anything about their development worries you. This guide is general guidance and not a substitute for medical advice.

And tomorrow, and next month?

This guide is the average for their age. The **Nana** app learns your baby's real rhythm and adjusts naps and bedtime every day. Free to start → nanababy.app · Also online: <https://nanababy.app/9-month-old-sleep-schedule/>