



Wake Time Chart

HOW TO READ WAKE TIMES

TIME BEFORE 1ST NAP/TIME BETWEEN NAPS/TIME BEFORE BEDTIME

*SLEEP TOTALS ARE BASED ON 11-12 HOUR NIGHTS!

AGE	WAKE TIME (REPRESENTED IN HOURS)	SLEEP NEEDS
0-9 WEEKS	.75-1 HOUR BETWEEN	16-20 HOUR 4-8 NAPS
10-12 WEEKS	.75/1/1.25/1.25/1.25	16-18 HOUR 4-5 NAPS
3-4 MONTHS	1.5/1.5/1.75/1.5/1.75	15-17 HOURS 3-4 NAPS/3.5-5 HRS DAY SLEEP
4-5 MONTHS	2/2/2.25/2.5	14-16 HOURS 3 NAPS/3-4 HRS DAY SLEEP
5-6 MONTHS	2.25/2.25/2.5/2.5	14-15.5 HOURS 3 NAPS/3-3.5 HRS DAY SLEEP
6-7 MONTHS (ON 3 NAPS)	2.5/2.5/2.5/2.75	13.5-15 HOURS 3 NAPS/2.5-3 HRS DAY SLEEP
6-7 MONTHS (ON 2 NAPS)**	3/3/3.25	13.5-15 HOURS 2 NAPS/2.5-2.75 HRS DAY SLEEP
7-9 MONTHS**	3/3.25/3.5	13-14.5 HOURS 2 NAPS/2-2.75 HRS DAY SLEEP
9-10 MONTHS**	3.25/3.25/3.5	13-14.5 HOURS 2 NAPS/2-2.5 HRS DAY SLEEP
10-12 MONTHS**	3.25/3.5/3.5-3.75 (LATER BEDTIME)	13-14 HOURS 2 NAPS/2-2.5 HRS DAY SLEEP
12-13 MONTHS (ON 2 NAPS)**	3.5/3.5/4	13-14 HOURS 2 NAPS/2-2.25 HRS DAY SLEEP

****NOTE: ONCE YOUR CHILD IS ON 2 NAPS OR LESS, YOU WILL TRANSITION TO A COMPLETE TIME-BASED SCHEDULE, NOT WAKETIMES.**

Wake window time represents the time from when your child initially wakes to the time your child is placed in the crib or bed.

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AGE	WAKE TIME	SLEEP NEEDS
12-13 MONTHS 1 NAP TRANSITION**	4.75/5.75 (EARLIER BEDTIME)	12.5 - 14 HOURS 1 NAPS/1.5-2 HRS DAY SLEEP
14-18 MONTHS 1 NAP TRANSITIONED**	5/5.5	12.5 - 14 HOURS 1 NAPS/1.5-2 HRS DAY SLEEP
18 MONTHS - 3 YEARS**	5.5/6	12.5 - 14 HOURS 1 NAPS/1-2 HRS DAY SLEEP
4-5 YEARS **	TYPICALLY NO NAPS	12-13 HOURS

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