



SLEEPY TIME SOLUTIONS, LLC

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DAYTIME WAKE WINDOWS

AGE	WAKE TIME UNTIL 1ST NAP	END OF 1ST NAP UNTIL 2ND NAP	END OF 2ND NAP UNTIL 3RD NAP	BEDTIME
0-2 months	Variable *	Variable*	Variable*	6- 7:30pm
2-4 months	30-120 minutes**	30-120 minutes**	30-120 minutes**	6- 7:30pm
4-6 months	2 hours	2.5 hours	2.5 hours	6- 7:30pm
6-9 months	2.5 hours	2.5-3 hours	2.5-3 hours	7-8pm
9-12 months	2.5-3 hours	3-3.5 hours	N/A	7-8pm
12-18 months	2.5-3 hours	3-4 hours	N/A	6:45-7:30pm
18-24 months	5-6 hours	N/A	N/A	7-8pm
2-3 years	6-7 hours	N/A	N/A	7-8 pm

* Wake times vary anywhere from a few minutes to 2 hours

**Variable and a fourth nap might be needed

AVERAGE SLEEP NEEDS

AGE	DAYTIME SLEEP	NIGHTTIME SLEEP	NUMBER OF NAPS	BEDTIME
0-2 months	8-9 hours	8-9 hours	Variable	6- 7:30pm
2-4 months	6-7 hours	8-10 hours	3-4 naps	6- 7:30pm
4-6 months	4-5 hours	10-11 hours	3 naps	6- 7:30pm
6-9 months	3-5 hours	11 hours	2-3 naps	7-8pm
9-12 months	3 hours	11 hours	2 naps	7-8pm
12-18 months	2-3 hours	11.25 hours	1-2 naps	6:45-7:30pm
18-24 months	2.25-2.5 hours	11.25 hours	1 nap	7-8pm
2 years	2 hours	11 hours	1 nap	7-8 pm
3 years	1.5 hours	10.5 hours	1 nap	7-8pm
4 years	45 minutes-quiet time	10-12 hours	N/A	7-8pm
5-6 years	Quiet time	10-12 hours	N/A	7-8pm

Numbers taken from *Good Night, Sleep Tight* and *The Sleepy Solution*.