



Sleep Schedules: Schedules and Wake Windows Examples: 13-18 Months

INTRODUCTION

Now, let's discuss specific schedules and wake windows. Before I begin, let me state the obvious: **every baby is different**, and there's a good chance your baby is not going to fit these schedule examples to the T. My goal here is to give you an idea as to what to expect in terms of your child's schedule and to provide you with ranges for wake windows that pertain to your baby's age.

Experiment and play around with the wake windows and nap times to figure out what works best for your baby. I strongly recommend keeping a log that will allow you to track patterns and figure out what works best for your baby. For example, if you have a 6 month-old and you tried getting her down for a nap after 2 hours of wake time and she REALLY didn't appear tired and she took awhile to fall asleep, try a 2 hour and 15 minute window next time.

Missing your baby's nap time by as little as 15 minutes can be the difference between a tired and overtired baby, especially for younger babies.

I also want to note that all my sample schedules have a wake time of 7am. If your baby wakes up at 6:30am, shift everything earlier according to the wake windows.

EXAMPLE:

- a. SAMPLE PROVIDED: 7am wake time and a 10am nap
- b. YOUR REALITY: Your baby's wake time is 6:30am, so switch to a 9:30am nap.

13-18 MONTHS-OLD: TWO NAPS

Now let's move onto the 12-18 month age range. There is a huge misconception amongst parents that babies are ready to drop down to 1 nap by the time they are 12 months. **The reality is that most babies this age still need two naps until they are 15-18 months old.** Your goal is to hang onto two naps for as long as possible so that the transition to 1 nap goes as smoothly as possible. Wake windows range from 3-4 hours and your baby should never be awake for longer than 4 hours between the end of the last nap and bedtime. Naps should total approximately 2.5 - 3 hours.

Take a look at the sample schedules here. The first schedule is a sample for a 12 month-old.

12-18 MONTHS

Most babies this age need two naps until they are 15-18 months old.

Wake windows range from 3-4 hours.

Naps should total 2.5-3 hours.

Sample #1 (12 months)		Sample #2 (15 months- 2 naps)	
7:00am	Wakeup	7:00am	Wakeup
10:00am - 11:00am	Nap 1	10:00am - 10:45am	Nap 1
2:30 - 4:00pm	Nap 2	2:15pm - 3:45pm	Nap 2
7:30pm	Bedtime (lights out)	7:30pm	Bedtime (lights out)

By the time your baby is approximately 15-18 months, he'll likely be ready for 1 nap. Navigating this transition can be tricky, and we'll discuss the process in the **Nap Transitions Module**.

15 MONTHS - 2.5 YEAR-OLDS: 1 NAP

The main difference in sleep scheduling between a 15 month old and a 2.5 year old having one nap is length of nap time - younger children need more sleep! Make sure that your 2.5 year-old isn't napping TOO long during the day because it could potentially interfere with the nighttime sleep you want him to be getting. Cap his napping at 1.5-2 hours, with wake windows of

Take a look at the sample schedules I've provided you with below for babies on a 1 nap schedule at this stage. Sample schedule 3 has a 2.5 year-old still napping for 2 hours a day. By this age, if a 2.5 year-old is still taking a big nap, he'll likely need a later bedtime because he won't be tired earlier. Schedule 4 is a schedule for a 2.5 year-old napping 1.5 hours a day. Because his nap is shorter, he'll likely be ready for bed 5 hours after waking up from his nap.

15-30 MONTHS (1 Nap)

Sample #1 (15-18 months)		Sample #2 (24 months)	
7:00am	Wakeup	7:00am	Wakeup
12:30pm - 3:00pm	Nap	1:00pm - 3:00pm	Nap
7:00pm	Bedtime (lights out)	7:00 - 7:30pm	Bedtime (lights out)

Sample #3 (2.5 years old)		Sample #4 (2.5 years old)	
7:00am	Wakeup	7:00am	Wakeup
1:00pm - 3:00pm	Nap	1:00pm - 2:30pm	Nap
7:30pm - 8:30pm	Bedtime (lights out)	7:30pm	Bedtime (lights out)

Here's a summary of the average sleep needs of babies and toddlers up to age 3. Again, please remember that every baby is different, so these are only averages.

AVERAGE SLEEP NEEDS FROM BIRTH TO 5 YEARS

Age	Total sleep per 24 hours	Total nighttime sleep	Total daytime sleep	Number of naps	Wake windows
Birth to 1 month	16-18 hours	9-12 hours	4-8 hours	4-5+	45-60 minutes
2 to 3 months	15.5-18 hours	9-12 hours	4-8 hours	4-5+	1 hours-1 hour and 15 minutes
4 to 5 months	14-16 hours	11-12 hours	3-5 hours	3-5	1 hour and 15 minutes to 2 hours
6 to 7 months	14-15 hours	11-12 hours	3-4 hours	2-3	2 hours to 2 hours and 45 minutes
8 to 9 months	14-14.5 hours	11-12 hours	3-3.5 hours	2-3	2.5-3 hours
10 to 11 months	14-14.5 hours	11-12 hours	2.75-3.25 hours	2	3-3.5 hours
12 to 18 months	13.5-14 hours	11-12 hours	2.5-3 hours	1-2	3-4 hours
18 to 24 months	13-13.5 hours	11-12 hours	2-2.5 hours	1	5-6 hours (before nap)
2 years	13 hours	11-12 hours	1.5-2 hours	1	5.5-6 hours (before nap)
3 years	12 hours	11-12 hours	0-1 hours	0-1 naps	6-7 hours (before nap)
4 years	11 hours	11 hours	0-1 hours	0-1 naps	6-7 hours (before nap)
5 years	11 hours	11 hours	0	0	N/A