

Wake Times For Under 1 Year Old

How to read Wake Times

Each slash represents a nap

Time Before 1st Nap

Time Before Bed

↳ 2.5 / 3 / 3.5 ◀

Time Between Naps

Child should be asleep at the end of the wake time.
Put down 10-15 minutes prior to allow time to fall asleep.
TWT=Total Wake Time

Age	Wake times**	# Of Naps	Total Sleep Needs
0-6 Weeks	Up to 45 minutes		
6-9 Weeks	45-60 minutes		16-20 Hours Total
10-12 Weeks	1-1.25 hours	4-5	
3 Months	1.25-1.5 hours	4	15.5-18 hours total 11-12 hours at night
3-4 Months	1.5/1.5/1.75/1.5/1.25	4-3	4-5 hours in naps
4 Months	2/2.25/2.25/2.25 TWT= 8.5-9 hours	3	15-15.5 hours total 11-12 hours at night 3.5-4.5 hours in naps
5 Months	2/2.25/2.25/2.5 TWT=8.75-9 hours	3	15 hours total 11-12 hours at night 3-4 hours in naps
6 Months	2/2.5/2.5/2.5 TWT=9.5-10 hours	3	14-14.5 hours total 11-12 hours at night 2.5-3.5 hours in naps
7-8 Months (starting 3-2 Transition)	2.5/3/3.5 TWT 9-10 hours	3-2 Transition	14-15 hours total 11-12 hours at night 2.5-3 hours in naps
7-8 Months (Settled on 2 Naps)	3/3.25/3.5 TWT 9.5-10 hours	2	14-14.5 hours total 11-12 hours at night 2.5-3 hours in naps
9 Months	3-3.25/3.5/3.5 TWT 10-10.5 hours	2	13.5-14 hours total
10 Months	3.25/3.5/3.5 TWT 10-10.5 hours	2	11-12 hours at night 2-3 hours in naps
11 Months	3.25/3.5/3.75 TWT 10-10.5 hours	2	



Wake Times For Over 1 Year Old

Age	Wake times	# Of Naps	Total Sleep Needs
12-15 Months (on 2 naps)	3.25/3.5-4/3.5-4 TWT 10-11 hours	2	13-14 hours total 11-12 hours at night 2-3 hours in naps
12-15 Months (starting transition)	4/6 (start), slowly push it out 4.5/5.5 then 5/5 work up to 5/5-5.5 TWT 10-11 hours	2-1 transition	
12-18 Months (Settled on 1 nap)	5-5.5/5-5.5 TWT 10-10.5 hours <i>*Once settled, you can base your "By the Clock" Schedule off these wake times and stay consistent</i>	1	13-13.5 hours total 11-12 hours at night 1.5-2.5 hours in naps
18 Months	5.5-6/5.5 TWT= 11-12 hours	1	12-13 hours total 11-12 hours at night 1.5-2 hours in naps
2 Years	6/5-5.5 TWT= 11-12 hours	1	12-13 hours total 11-12 hours at night 1.5-2 hours in naps
3-4 Years	start dropping nap	1-0	11-13 hours total
4-5 Years			10-12 hours total
6-13 Years			9-11 hours total
14-17 Years			8-10 hours total

