

Awake Windows for Under 1 Year Old

How to read Awake Windows

Each slash represents a nap

Time Before 1st Nap

Time Before Bed

↳ 2.5 / 3 / 3.5 ←

Time Between Naps ↑

Child should be asleep by the end of the awake window. If nap was short or your child is showing sleepy cues you can shorten the awake window slightly (10-15 minutes)

TAT = Total Awake Time

Age	Awake Windows	# of Naps	Total Sleep Needs
0-6 Weeks	Up to 45 min.		
6-9 Weeks	45-60 min.	4-5	16-20 hours total
10-12 Weeks	1-1.25 hrs.		
3 Months	1.25-1.75 hrs. 1.25/1.5/1.5/1.5/1.75 TAT=7-8.5	4 (4-3 Nap Transition)	15-18 hours total 11-12 hours at night 4-5 hours in naps
4 Months	1.75-2.25 hrs. 1.75/2/2/2.25 TAT= 8-9 hours	3-4	14.5-16.5 hours total 11-12 hours at night 3.5-4.5 hours in naps
5 Months	2-2.5 hrs. 1.75/2/2/2.25 TAT= 8.75-9 hours	3	14-16 hours total 11-12 hours at night 3-4 hours in naps
6 Months	2-2.5 hrs. 2/2.5/2.5/2.5 TAT= 9.5-10 hours	3	14-16 hours total 11-12 hours at night 3-4 hours in naps
7-8 Months Starting 3-2 Nap Transition	2.5-3.5 hrs. 2.5/3/3.5 TAT= 9-10 hours	3 - 2 Transition	13.5-15.5 hours total 11-12 hours at night 2.5-3.5 hours in naps
7-8 Months On 2 Naps	3-3.5 hrs. 3/3.25/3.5 TAT= 9.5-10 hours	2	13.5-15.5 hours total 11-12 hours at night 2.5-3.5 hours in naps
9 Months	3-3.75 hrs.	2	13-15 hours total
10 Months	3-3.25/3.5/3.5-3.75 TAT= 10-10.5 hours	2	11-12 hours at night 2-3 hours in naps
11 Months		2	

Awake Windows for Over 1 Year Old

How to read Awake Windows

Each slash represents a nap

Time Before 1st Nap

Time Before Bed

↳ 2.5 / 3 / 3.5 ←

Time Between Naps ↑

Child should be asleep by the end of the awake window. If nap was short or your child is showing sleepy cues you can shorten the awake window slightly (10-15 minutes)

TAT = Total Awake Time

Age	Awake Windows	# of Naps	Total Sleep Needs
12-15 Months (2 naps)	3.25/3.5-4/3.5-4 TAT 10-11 hours	2	13-15 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 TAT 10-11 hours	(2-1 Nap Transition)	
12-18 Months On 1 Nap*	5-5.5/5-5.5 TAT=10-10.5 hours *Once on 1 nap, this nap will be the same time every day, only changing by 30 min or so depending on wake up time	1	12.5-14.5 hours total 11-12 hours at night 1.5-2.5 hours in naps
18 Months	5-6 hrs. 5-5.5/5.5-6 TAT= 11-12 hours	1	12.5-14 hours total 11-12 hours at night 1.5-2 hours in naps
2 Years	5.5-6 hrs. 6/5-5.5* TAT= 11-12 hours	1 *Some toddlers do better with more time before nap and less time before bed.	12.5-14 hours total 11-12 hours at night 1.5-2 hours in naps
3-4 Years	Start dropping the nap	1 (1-0 Nap Transition)	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