



## 4-5 month routine

Based on 1.5 hour wake window &  
3 naps

0700 Wake up

0830 Nap 1 - between 1.5/2 hours

1230 Nap 2 - between 1.5/2 hours

1600 Nap 3 - 1.5 hours

1900 Sleep Time

## 6-8 month routine

Based on 2 hour wake window &  
3 naps

0700 Wake up

0900 Nap 1 - 2 hours

1300 Nap 2 - 1 hour 45 mins

1645 Nap 3 - 45 mins

1900 Sleep Time



## 9-10 month routine

Based on 3 hour wake window &  
2 naps

0700 Wake up

1000 Nap 1 - 1.5 hours

1430 Nap 2 - 1.5 hours

1900 Sleep Time

## 11 months - 1 nap routine

Based on approx 3-3.5 hour wake window  
& 2 naps

0700 Wake up

1000 Nap 1 - 45 mins

1400 Nap 2 - 1.5 hours

1900 Sleep Time



# 1 nap a day routine

This can be anywhere between 12-36 months depending on the child

0700 Wake up

1230/  
1300 Nap - 2 hours

1900 Sleep Time