

Awake window and sleep chart



DAWN WHITTAKER
PARENTING COACH

AGE IN MONTHS	NUMBER OF NAPS & LENGTH (HRS)	AWAKE WINDOW PATTERN (HRS)	NIGHT SLEEP (HRS)	TOTAL SLEEP PER 24 HRS (HRS)
0 - 3	Variable	0 - 1.5	Variable	16 - 18
3 - 4	Nap 1: 1½ Nap 2: 1½ Nap 3: 1	1½ - 2 2 - 2½	10 - 12	13.5 - 16.5
5 - 6	Nap 1: 1½ Nap 2: 1½ Nap 3: ½	2 - 2½ 2½ 3	10 - 12	13 - 15.5
6 - 9	Nap 1: 1½ Nap 2: 1½	2½ 3 4	10 - 12	12.5 - 15
9 - 12	Nap 1: 1 Nap 2: 1½	3 3½ 4	10 - 12	12 - 15
12 - 15	Nap 1: ½ Nap 2: 1½	3½ 3½ 4½	10 - 12	12 - 14.5
15 - 18	1 Nap only: 1½ - 2	5 5½	10 - 12	11.5 - 14
18 - 24	1 Nap only: 1½ - 2	5½ 6	10 - 12	11.5 - 14
24 - 36	1 Nap only: 1 - 2	6 6	10 - 12	11 - 14