



Age appropriate schedules are important to helping babies get the best sleep possible. Naps can either be done using wake times or by the clock. By the clock naps tend to work best for babies closer to 6 months, as many babies do not organize daytime sleep until this age.

Starting with BTC and then adjusting based on each baby/child's sleep needs is typically the best way to go.

4 Months

Wake times vary from about 1.5-2.25 hours. Babies are typically on 3-4 naps and getting 12-16 hours of sleep in a 24-hour period.

If using wake times, use the wake times above noting how long your baby can actually stay awake before growing overtired.

Do not start your day any later than 7am or earlier than 6am.

Naps should not occur before 8am even if that means pushing that first wake time a bit.

Sample BTC Schedule

Nap 1 8:15/8:30

Nap 2 12/12:30

Nap 3 about 1.5-2.25 hours after waking from nap 3 (but starting no later than 4pm)

Bedtime 1.5-2.25 hours after waking from nap 3

5 Months

Wake times vary from about 1.5-2.25 hours. Babies are typically on 3 naps and getting 12-16 hours of sleep in a 24-hour period.

If using wake times, use the wake times above noting how long your baby can actually stay awake before growing overtired. Do not start naps any earlier than 8am.

Be sure you start the day no sooner than 6am and no later than 7am.

Sample BTC Schedule

Nap 1 8:30/8:45

Nap 2 12:15/12:45

Nap 3 about 1.5-2.25 hours after waking from nap 3 (but starting no later than 4pm)

Bedtime 1.5-2.25 hours after waking from nap 3



6 Months

Wake time is about 2.5 hours at 6 months. Babies are on 2-3 naps and are getting 12-16 hours of sleep in a 24-hour period.

Do not start naps any sooner than 8:30am.

If working on by the clock naps, be sure you start the day no sooner than 6am and no later than 7am.

Sample BTC Schedule

Nap 1 9am

Nap 2 1pm

Nap 3 about 2 hours after waking from nap 2 (but starting no later than 4pm and ending no later than 5pm)

Bedtime 2-2.5 hours after waking from last nap (typically 2 hours on a 3 nap schedule and 2.5 hours on a 2 nap schedule)

7-9 Months

Wake time is about 2.5-3 hours at 7 months. Babies are on 2-3 naps and are getting 12-16 hours of sleep in a 24-hour period.

If using wake times, make sure to use the wake times above between sleep periods.

Be sure you start the day no sooner than 6am and no later than 7am.

Sample BTC Schedule

Nap 1 9/9:30am → This nap should not start any earlier than 8:30am or later than 10am

Nap 2 1/1:30pm → This nap should not start any earlier than 12:30pm or end any later than 4pm

Nap 3 (if still taking this nap) about 2 hours after waking from nap 2 (but starting no later than 4pm and ending no later than 5pm)

Bedtime 2.5-3 hours after waking from last nap (typically 2.5 hours on a 3 nap schedule and 3 hours on a 2 nap schedule)

9 Months

Babies should have transitioned to 2 naps by 9 months. It's important to make sure bedtime moves earlier during this transition so that baby does not become overtired.

Babies are still getting roughly 12-16 hours of sleep in a 24-hour period.



Sample BTC Schedule

Nap 1 9/9:30am → this nap should not START any later than 10am or end any later than 11am

Nap 2 1/1:30pm → this nap should not START any later than 2pm or end any later than 4pm

Bedtime 3 hours after waking from nap 2

10/11 Months

Wake time at 10 months is about 3-3.5 hours. Babies are typically on 2 naps at 10 months and getting 12-16 hours of sleep in a 24-hour period.

If using wake times, make sure to use the wake time above between sleep periods.

Be sure you start the day no sooner than 6am and no later than 7am.

Sample BTC Schedule

Nap 1 9/9:30am → this nap should not START any later than 10am or end any later than 11am

Nap 2 1/1:30pm (or you can push this to about 3 hours after waking from nap 2) → this nap should not START any later than 2pm or end any later than 4pm

Bedtime 3-3.5 hours after waking from nap 2

12-18 Months

While it's common to think that babies transition to 1 nap at this age, the average age to make this transition is 15 months.

Most babies are still on two naps at this age. Wake time at 12 months is 3.5-4 hours.

Babies are typically getting 11-15 hours of sleep in a 24-hour period.

If using wake times, make sure to use the wake time above between sleep periods.

Be sure you start the day no sooner than 6am and no later than 7am.

Sample BTC Schedule - 2 naps

Nap 1 anywhere from 9-10am but going no later than 11am

Nap 2 anywhere from 1-2pm (or you can push this to about 3 hours after waking from nap 2)

Bedtime 4-4.5 hours after waking from nap 2 (younger toddlers mostly do better with 4 hours)



2-1 Nap Transition

When on one nap, this nap should begin between 12 and 1pm and last 1.5-3 hours. Often, when starting this transition, a toddler will only sleep an hour or so. Be sure to keep bedtime tight and early during this transition to avoid an overtired baby.

Sample transition:

Days 1-3

Nap 11:00am

Days 4-6

Nap 11:15am

Days 7-9

Nap 11:30am

Days 10-12

Nap 11:45am

Days 13-15

Nap 12:00pm

Continue pushing the nap to begin 15 minutes later until you get to your desired start time.

Also, it's ok to offer 2 naps every few days during this transition. This transition can last for a couple of months as toddler gets used to the longer wake time in the morning.

Bedtime should be about 4-4.5 hours after one nap.

While going through the transition, it's best to err on the side of caution and offer an earlier bedtime than to push bedtime.



One Nap Important Info

This nap may start as early as 11am but should not start any later than 1pm to keep a child on an age appropriate schedule. This is true for children of any age on one nap.

For younger toddlers (12-24 months), the goal is really for a minimum of 1.5 hours of sleep on one nap, and 3 hours at most. Each child will vary greatly with this.

Avoid dropping the nap for as long as possible. First attempt capping the nap to even one hour before dropping the nap entirely.