

How long should we be awake between sleep sessions?

Age	Time between wake up and nap 1	Time between all other sleep sessions
Infant	Time varies - Focus on similar amounts of awake time between sleep and avoid long periods of awake time.	
4 to 6 m (3 to 4 naps)	2 hours	2.5 hours
6 to 9 m (2 to 3 naps)	2 to 2.5 hours	2.5 to 3 hours
9 to 12 m (2 naps)	2.5 to 3 hours	3 to 3.5 hours
12 to 18 m (1 to 2 naps)	3 to 4 hours	3 to 4 hours
18 to 24 m (1 nap)	5 to 6 hours	
2 to 3 yr (1 nap)	6 to 7 hours	
3 yr to no nap	7 hours	

Samantha Day Consulting

Copyright © Samantha Day, All rights reserved.

No part of this publication may be reproduced, republished, or transmitted in any form or by any means for commercial use, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the publisher. Any passing of any information to anyone is strictly forbidden.