



## **JILL SPIVACK'S SLEEP NEEDS & SCHEDULES**

### Guidelines for Children Birth through Age 5

#### **4 TO 6 MONTHS**

11 to 12 hours of night sleep; 3 to 4 hours of nap sleep (2 to 3 naps)

Bedtime 7:00 PM

Waketime 6:00 AM

First nap: 8:00 AM

Second nap: 11:30 AM

Third nap: 3:00 PM

**6 TO 9 MONTHS** 11 to 12 hours of night sleep; 2 to 3 hours of nap sleep (2 to 3 naps)

Bedtime: 7:30 PM

Waketime: 6:30 AM

First nap: 9:00 AM

Second nap: 1:00 PM

May need to make bedtime earlier as child drops 3rd nap

**9 TO 12 MONTHS** 11 to 12 hours of night sleep; 1½ to 3 hours of nap sleep (2 naps)

Bedtime: 7:30 PM

Waketime: 6:30 AM

First nap: 9:30 AM

Second nap: 2:00 PM

**12 TO 24 MONTHS** 11 to 12 hours of night sleep; 1½ to 3 hours of nap sleep (1 or 2 naps)

Bedtime: 7:30 PM

Waketime: 6:30 AM

Nap: 11:30 AM

May need to make bedtime earlier as child drops to 1 nap

## Transitioning from Crib to Bed

Don't transition child to bed before age 3 unless she is climbing out of her crib. If your child is climbing out of his crib, safety is most important and it may be time to make the transition to a bed. For help with this transition, see chapter 10, "Special Situations," in our book, *The Sleepeasy Solution*. This subject is also covered on our DVD, in "Commonly Asked Questions," and on our audio CD for Children 3 to 5 Years.

**2 TO 3 YEARS** 11 to 12 hours of night sleep; 1½ to 3 hours of nap sleep (1 nap)

Bedtime: 8:00 PM

Waketime: 7:00 AM

Nap: 12:00 PM

**3 TO 5 YEARS** 11 to 12 hours of night sleep; 1½ to 2 hours of nap sleep (if still napping)

Bedtime: 8:00 PM

Waketime: 6:30 AM

Nap: 12:30 PM

May need to make bedtime earlier when child drops nap

Note: Some children will sleep 10½ hours at night and seem well rested in the morning. If this is the case for your child, then he is rested with 10½ hours of night sleep.