



The Nap Transition Guide

Age	Naps	Day Sleep
0 - 2 Months	5 - 6	6 - 8 + Hours
2 - 4 Months	4 - 5	4 - 5 Hours
4 - 5 Months	3 - 4	3 - 4 Hours
6 Months	3	3 - 3.5 Hours
8 - 10 Months	2-3	2.5 - 3 Hours
12 Months	2	2 - 3 Hours
18 Months	1	2 - 3 Hours
2 - 4 Years	1	1 - 2.5 Hours

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The Nap Guide

Nap 1 Start time	Nap 2 Start time	Nap 3 Start time
08:30 - 09:30	11:30 - 1:30pm	3:00 - 4:30pm
Bedtime		5:30 - 7:30pm

Use these time windows as a guide to position the start time of little ones naps. The younger they are, the closer they are to the earlier end of the scale, and conversely the older they are, the later.

If naps have been a disaster and little one is very overtired, a super early bedtime of 5:30 is a great way to recover! (and will not encourage a super early morning wake up when used in the short term, I promise..)



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The baby years can feel like a constant balancing act for sleep..But it's easier to balance when we know what to expect...

- Nap transitions are a very slow and steady process
- The first transition is the easiest; as nap 3 is not restorative but really just a bridge to bedtime, baby will slowly fall asleep for this nap later and later, then not at all
- For any prolonged period of naptime protests, wait at least a week or 2 to make sure they really do need an adjustment, then bring that nap later by 15-20 minutes
- Try this adjustment for at least 1-2 weeks and if the later naptime adjustment does not help, try a further adjustment of another 15 minutes
- If after a total of 3-4 weeks this nap is still not happening or they're falling asleep super late, bench the nap and bring the following sleep time earlier but as much as an hour to begin with (or a super early bedtime if this is the final nap) to prevent them from becoming overtired
- After a week or so of bringing the next sleep time earlier, begin gradually working back to the original time
- Only try these adjustments if little one is within the age range of this nap transition
- If they're not age ready, look at their nap environment (light coming through, stimulating?) or if they are in fact overtired when approaching that nap, and they might actually need a slightly earlier adjustment

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Example of a temporary schedule to guide little one through the nap transition:

Before:

Morning nap: Start time 10:00/10:30 - Sleeps until 11/11:30

Midday nap: Taking forever to fall asleep or start time has shifted much later to around 2pm and they're asleep until 4pm OR, midday nap is not happening at all

Transition schedule option 1:

Morning nap start time: 09:45 - wake up at 10:30

Midday nap start time: - keep later at 1:00-1:30 - wake up at 3:00

Transition schedule option 2:

Morning nap: benched

Midday nap: 11:00 (gradually shift this back to original time of 12:30/1:00 over the next 2-4 weeks)

Bedtime - 5:30/6:00pm - as early as possible during the transition to prevent them from becoming overtired