

**SLEEP AT LAST**

# Daily Sleep Guide

**13 to 18 MONTHS**

Recommended Awake Window: 4-5.5 hours

Total Naps: 1 nap/day (possibly 2 initially)

Total Sleep Needs: 11-14 hours in a 24 hour period

## Sample Nap Schedule

7:00 am – Wake up, Breakfast and playtime

9:00 am – Activity

10:00 am – Snack

11:00 am – Free play and storytime

11:30 am – Lunch

12:00 pm – Nap #1 – Lay down awake to settle

2:30 pm – Wake up, eat a snack, outside play

6:00 pm – Dinner

6:30 pm – Start the bedtime routine

7:00 pm – Bedtime

*Visit [SleepatLast.net](http://SleepatLast.net) to learn more  
& schedule your free sleep evaluation!*