

Toddler Sleep Schedule Template

Age-based schedules and the nap transition roadmap (2 to 1 to 0)

The AASM (American Academy of Sleep Medicine) recommends 11–14 hours of total sleep for ages 1–2 and 10–13 hours for ages 3–5. How that sleep is divided between naps and night changes dramatically in the toddler years. Here's what the transitions actually look like.

12–15 Months: Two Naps

TIME	ACTIVITY	DURATION
6:00–7:00 AM	Wake up	—
9:00–9:30 AM	Nap 1	1–1.5 hours
10:30–11:00 AM	Wake	—
1:30–2:00 PM	Nap 2	1–1.5 hours
3:00–3:30 PM	Wake	—
7:00–7:30 PM	Bedtime	—

WAKE WINDOWS

3 / 3.5 / 4 hours

TOTAL DAY SLEEP

2–3 hours

TOTAL NIGHT SLEEP

11–12 hours

The 2-to-1 Nap Transition (13–18 months)

This is the hardest nap transition. Most kids are ready between 14–16 months, but some hold onto two naps until 18 months. Don't rush it.

Signs They're Ready to Drop to 1 Nap

- Consistently fighting or skipping the second nap for 2+ weeks — A few bad days isn't a transition — 2 weeks of pattern is
- Taking 30+ minutes to fall asleep for nap 2
- Nap 2 is pushing bedtime past 8pm
- Waking earlier in the morning (before 6am)
- Night sleep is being disrupted (new night wakes)

How to Transition

- 1 Push the morning nap later by 15 minutes every 2–3 days.
- 2 Target a single nap starting around 12:00–12:30 PM.
- 3 Expect an early bedtime (6:00–6:30 PM) during the transition. This is temporary.
- 4 Some days they'll need two naps, some days one. That's normal for 2–4 weeks.
- 5 Once the single nap lands at 12:00–1:00 PM and lasts 2+ hours, you're through it.

15–24 Months: One Nap

TIME	ACTIVITY	DURATION
6:00–7:00 AM	Wake up	—
12:00–12:30 PM	Nap	2–3 hours
2:30–3:00 PM	Wake	—
7:00–7:30 PM	Bedtime	—

WAKE WINDOWS
5–6 hrs / 4–5 hrs

TOTAL DAY SLEEP
2–3 hours

TOTAL NIGHT SLEEP
11–12 hours

2–3 Years: One Nap (Shortening)

TIME	ACTIVITY	DURATION
6:30–7:00 AM	Wake up	—
12:30–1:00 PM	Nap	1.5–2.5 hours
2:30–3:30 PM	Wake	—
7:00–7:30 PM	Bedtime	—

WAKE WINDOWS
5.5–6 hrs / 4–5 hrs

TOTAL DAY SLEEP
1.5–2.5 hours

TOTAL NIGHT SLEEP
10.5–12 hours

The 1-to-0 Nap Transition (2.5–5 years)

Most kids drop the nap between ages 3 and 4. Some hold on until 5. Don't force it — but don't fight it either. A child who takes 45 minutes to fall asleep at bedtime probably doesn't need the nap

anymore.

Signs They're Ready to Drop the Nap

- Consistently taking 30+ minutes to fall asleep at bedtime
- Nap is making bedtime creep past 8:00–8:30 PM
- Night sleep is shortening (waking before 6 AM)
- They're 3+ years old and happy without the nap
- Nap itself is getting shorter (under 1 hour) consistently

How to Transition

- 1 Replace the nap with 'quiet time' (1 hour in their room with books, puzzles, or audiobooks).
- 2 Move bedtime earlier by 30–60 minutes temporarily.
- 3 Expect some cranky late afternoons for 2–4 weeks. This is normal adjustment.
- 4 On high-activity days, they may still occasionally nap. Let them — but cap it at 45 minutes and wake them by 2:30 PM.
- 5 Once they're handling the full day without melting down by 5 PM, the transition is complete.

3–5 Years: No Nap

TIME	ACTIVITY	DURATION
6:30–7:00 AM	Wake up	—
1:00–2:00 PM	Quiet time (not sleep)	45–60 min
7:00–7:30 PM	Bedtime	—

TOTAL SLEEP NEEDED

10–13 hours (all at night)

QUIET TIME

Maintains rest without disrupting night sleep

If your child is in daycare or preschool that enforces a nap, talk to the teachers about quiet rest instead of sleep, or limit the nap to 30–45 minutes. Many bedtime battles in 3–4 year olds are caused by a school-mandated nap they no longer need.