

Nap Map

Progression of nap timing and frequency

5 naps

0 - 12 weeks

Between 6am
and 7pm at night

4 naps

0 - 12 weeks

1 early morning,
1 morning,
1 early afternoon,
1 late afternoon

3 naps

4 months

1 early morning,
middle/early afternoon,
1 late afternoon

2 naps

1 bandaid

5 months

1 morning, 1 afternoon,
1 later afternoon
(bandaid)

1 nap

toddler

After lunch

1 bandaid

1 nap

toddler

bandaid early/mid
morning,
1 afternoon

2 naps

6 months

1 morning,
1 afternoon

