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Typical Schedule for a 18 Month-2.5 Year Old

What To Expect At This Age

An eighteen month old on average sleeps eleven and a quarter hours at night and two and a quarter hours during one midday or afternoon nap. At age two, sleep requirements drop to eleven hours at night and two during the day. Over the next year that average will drop to ten and a half hours at night and one and a half during the day.

This means you can expect your child's nap schedule to be changing during this time of their life as they transition into toddlers and early preschoolers. Remember, of course these are sleep averages but variations from them should not be huge. Try to watch your child's daytime behavior for clues to whether he or she needs more sleep.

Typical Schedule

Here is the sample schedule I would recommend for this age:

- ✓ **7:00 a.m.–7:30 a.m.** Wake-up and breakfast.
- ✓ **12 p.m.–12:30 p.m.** Lunch.
- ✓ **12:30 p.m. – 1:00 p.m.** Start afternoon nap.
- ✓ **5:00 p.m.–5:30 p.m.** Dinner.
- ✓ **6:00 p.m.–6:30 p.m.** Start bath/bedtime routine.
- ✓ **7:00 p.m.–8:00 p.m.** Bedtime.