

# Step 5

## NAPS



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## Step 5: Naptime

Use the Ideal Schedule in Step #1 to determine average awake windows that are suitable for your baby's age.

1. Watch for sleepy cues. You will want to find a balance between her ideal awake time and sleepy cues before attempting her naps.
2. Set up a short naptime routine in her bedroom before putting her to bed. A typical routine will include a diaper change, a couple of stories or singing a lullaby.
3. After the routine, close the curtains, turn the light off and put her into her crib awake.
4. Use the same strategies as bedtime (according to the Side-By-Side or Space & Comfort Techniques). Try for up to 45 minutes. Leave the room when she falls asleep.
5. If she will not sleep, take a break by bringing her out of the bedroom for 30 minutes and doing a bit of playtime. You will offer her a feeding at this time, and it will be important to keep her awake during the feeding.
  - Once 30 minutes have passed, go back into her bedroom and repeat numbers 1 through 4.

**Note:** If your second attempt at a nap is unsuccessful, try the stroller or the car and provide her with a bit of sleep. This will help so she is not extremely overtired before the next nap or bedtime.

- **Short naps:** If she wakes early from her nap (anything shorter than 1 hour), wait 7-10 minutes before going to her to see if she will settle on her own. If she still does not fall asleep, go to her and provide your soothing touches and key sleep phrases for up to 2 minutes. Then leave her room for another 7-10 minutes. If after she does not fall back asleep, get her up and try again at the next naptime or bedtime.
- **Long naps:** Long naps are great! It can take anywhere from 1-4 weeks for her to establish this as every baby is different. You will want to balance out the day and make sure that there is a proper amount of awake time between naps as well as bedtime.
- **Awake windows:** The following are the average awake windows for each month. Keep in mind that some babies may have a shorter or longer awake window.
  - 3 months of age – 1 hour 30 minutes
  - 4 months of age – 1 hour 45 minutes
  - 5 months of age – 2 hours
  - 6 – 12 months of age – 2.5 hours – 3.5 hours
  - 13 – 18 months of age – 3.5 – 4-5 hours



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