

TODDLER SLEEP SCHEDULE

Target Age: 18 - 36 Months

7:00 AM

Wake Up & Breakfast

10:00 AM

Morning Snack & Active Play

12:30 PM

Lunch Time

1:30 PM

Nap Time (1.5 - 2 hours)

3:30 PM

Wake Up & Afternoon Snack

6:00 PM

Dinner

7:00 PM

Bath & Quiet Reading

7:30 PM

Lights Out / Bedtime

Pro Tip: Consistency is key. Try to keep wake times and nap starts within 15 minutes of the scheduled time every day.

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