



Age	Hours Awake Prior to Bedtime Before Becoming Overtired
4 Months	90 minutes - 2 hours from nap three
5-6 Months	2 hours if taking a third nap, 2.5 hours if only on two naps
7-8 Months	2.5 if taking a third nap, 3 hours if on two naps
9-11 Months	3-3.5 Hours from Nap Two
1-2 Years	4 Hours from last Nap (on one or two nap schedule)
3 Years	4.5 Hours from Nap (5:30-6pm Bedtime with no Nap)
4 Years	4.5 Hours from last Nap (6-6:30pm Bedtime with no Nap)

**These are averages. A good rule of thumb is to take a look at your child in the early evening. If he is generally calm, well mannered and agreeable he is getting enough sleep. If he is consistently high strung, irritable or hyper chances are he is not getting enough sleep.*