



THE MILLETTE METHOD™
Sleep Solutions That Meet The Needs Of The Family

18–30 MONTHS SCHEDULE

Adjust schedule to earlier or later wake up time.

7 am: Awake + breakfast.

8–12 pm: Playtime (outings, play groups, swim class, playground, activity and social time) + snack time.

12–12:30 pm: Lunch.

12:45 pm: Pre-nap gentle playtime (reading, cuddles, singing).

1–3 or 4 pm: Nap (1.5–3 hours) in crib/bed. Be sure your child is awake for 4–5 hours from end of nap until bedtime, otherwise child may not be able to fall asleep at bedtime.

5 pm: Dinner.

6 pm: Start bath/bedtime routine.

7 pm: Book reading + snuggling.

7–8:30 pm: Asleep in crib/bed.

- *Aim for total daytime sleep between 1 and 3 hours, total nighttime sleep between 10 and 12 hours, with total sleep in 24 hours between 11.5 and 14 hours.*