



PERSONALIZED SLEEP GUIDE

Your 11-month-old's sleep

11 months

Sleep rhythm, a sample day, common challenges and what genuinely helps at this stage.

AWAKE TIME

2 h 50 min – 4 h 40 min

NAPS PER DAY

2

TOTAL SLEEP / 24 H

12–15 h

NIGHT · NAPS

11 h · 2,5–3 h

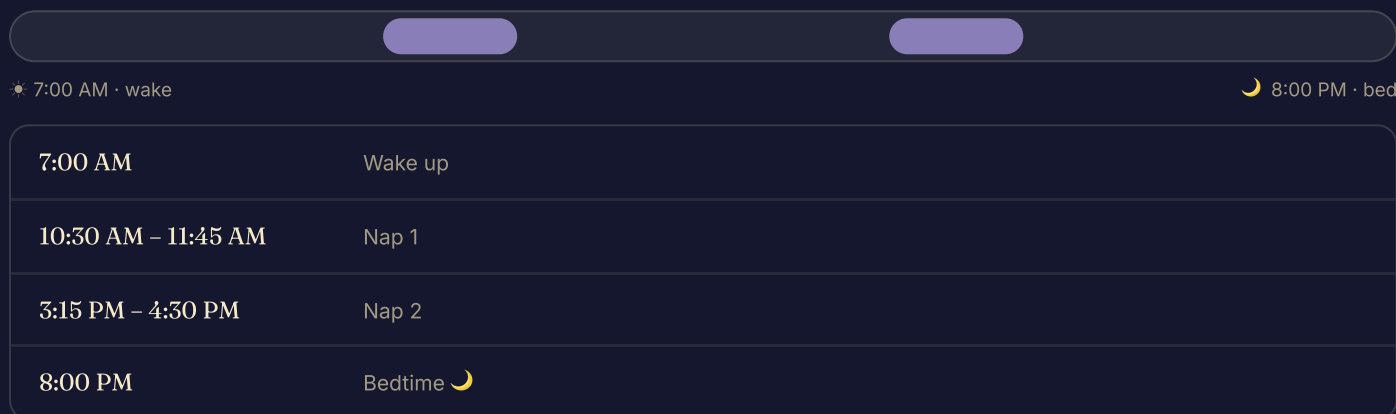
What's happening with sleep now

As your baby approaches the first birthday, you may notice a wobble in sleep that seems to arrive out of nowhere. Nights get lighter, naps get fought, and mornings start earlier. Almost always this is a developmental regression, not a sign that anything is broken: a huge burst of walking, first words, and a wave of separation awareness are all landing at once, and a busy brain has trouble switching off.

Wake windows keep stretching, roughly 2h50m to 4h40m at 11 months and 3h to 5h by 12 months, and your baby is still very much a two-nap baby. Nights hold around 11 hours and total sleep stays in the 12 to 15 hour range, with naps adding about 2.5 to 3 hours. The structure has not changed; it is just being tested by all the new skills.

Here is the key trap of this stage: because the regression can look like nap refusal, it is easy to assume your 12-month-old is ready to drop to one nap. Most are not. The move to a single nap typically comes later, around 13 to 15 months. Keep offering two naps through the first birthday, and the wobble usually smooths back out.

A sample day



If they wake at 6:00: Nap 1 9:50 AM–11:05 AM · Nap 2 2:55 PM–4:10 PM · bed 8:00 PM

Common challenges — and what helps

Baby starts refusing one of the two naps, but not reliably, some days taking it and other days not.

Intermittent refusal is classic for this age and is not proof of readiness for one nap, which needs a consistent pattern over weeks, not a scattered few days. Keep offering both naps in the usual place and at the usual time, even if some are shorter or occasionally skipped. On a day a nap is genuinely refused, still give a calm rest opportunity, and if it does not happen, bring bedtime earlier that evening to protect the night and prevent overtiredness carrying over.

Baby starts waking earlier and earlier in the morning.

Early rising at this age often comes from overtiredness or from a day that is slightly off, so counterintuitively an earlier bedtime frequently helps more than a later one. Keep the room dark, treat very early wakings as still night, and hold your usual response quietly rather than starting the day. Protect both naps so the day does not become overtired, and check that the last wake window before bed is not stretched too long.

Bedtime becomes a battle as your newly independent baby resists and protests.

The autonomy burst that fuels walking and first words also shows up as pushing back at bedtime. Calm, consistent boundaries help most here: keep the same soothing wind-down routine every night, in the same order, and stay warm but predictable so the limits feel safe rather than negotiable. Offer small, contained choices during the routine to satisfy the drive for independence, and keep the actual bedtime steady rather than drifting later.

What's coming next

The real two-to-one nap transition usually arrives a bit later, most often between 13 and 15 months. The sign to watch for is consistency: your baby fighting or skipping the second nap for one to two weeks or more, not just a scattered few off days. When that pattern is genuinely established, you gradually shift to a single nap anchored to the middle of the day, usually just after lunch, and often move bedtime a little earlier during the adjustment. Until that consistent picture is clear, keep offering both naps.



What helps most right now

- ☾ Keep offering both naps through the first birthday, even if some are short or fought; the regression usually passes without dropping a nap.
- ☾ On a day a nap is refused, still give a calm rest opportunity and move bedtime earlier that evening to protect the night.
- ☾ For early rising, keep the room dark, treat very early wakings as night, and try a slightly earlier bedtime rather than a later one.
- ☾ Hold a steady, predictable wind-down routine with warm, consistent boundaries to ease bedtime battles from the autonomy burst.



Safe sleep

Safe sleep (the essentials): your baby sleeps best and safest **alone, on their back, in a clear cot** — firm flat mattress, no pillows, duvets, bumpers or soft toys. Room-share without bed-sharing, especially before 6 months, and avoid overheating. If you ever have concerns about your baby's breathing or rest, talk to your pediatrician.



When to check with your pediatrician

When to check with your pediatrician: sleep varies a lot from baby to baby, but do mention it to your doctor if you notice **loud snoring, pauses in breathing, or very laboured breathing**, if your baby isn't gaining weight or is feeding poorly, if they consistently sleep far less (or more) than expected and seem unhappy or unusually drowsy, or if anything about their development worries you. This guide is general guidance and not a substitute for medical advice.

And tomorrow, and next month?

This guide is the average for their age. The **Nana** app learns your baby's real rhythm and adjusts naps and bedtime every day. Free to start → nanababy.app · Also online: <https://nanababy.app/11-month-old-sleep-schedule/>