

Wake Window Guidelines

A wake window is the sweet spot for when we should put babies down to sleep. We want the right amount of sleep pressure to help them fall asleep with ease and stay asleep for the appropriate amount of time.

BIRTH-6 WEEKS

45 Min-1 Hour
4-6 Naps
15-18 Hours of sleep in 24H

7 WEEKS- 3.5 MONTHS

1.5 Hours-2 Hours
4-3 Naps
12-16 Hours of sleep in 24H

4 MONTHS- 5 MONTHS

2 Hours- 2.5 Hours
3 Naps
12-15 Hours of sleep in 24H

5 MONTHS- 7 MONTHS

2.5 Hours-3 Hours
3-2 Naps
12-14 Hours of sleep in 24H

8 MONTHS- 13 MONTHS

3 Hours-4 Hours
2 Naps
12-14 Hours of sleep in 24H

14 MONTHS- 3 YEARS

5 Hours-6 Hours.
1 Nap
11-14 Hours of sleep in 24 H