

BABY SLEEP GUIDE

Your Go-To Resource for Wake Windows & Naps

Wake windows are the periods of time your baby is awake between sleeps. Finding the "sweet spot" helps prevent overtiredness and makes bedtime much smoother!

AGE RANGE	WAKE WINDOW	AVG. NAPS
0-4 Weeks	35 - 60 minutes	4 - 6 Naps
4-12 Weeks	60 - 90 minutes	4 - 5 Naps
3-4 Months	75 - 120 minutes	3 - 4 Naps
5-7 Months	2 - 3 hours	3 Naps
7-10 Months	2.5 - 3.5 hours	2 Naps
11-14 Months	3 - 4 hours	1 - 2 Naps
14-24 Months	4 - 6 hours	1 Nap

Quick Tips for Success

- **Watch the Clues:** Look for eye rubbing, yawning, or zoning out.
- **The Last Window:** The final awake period of the day is usually the longest.
- **Consistency:** Try to keep a similar routine to cue the brain for rest.
- **Environment:** A dark, cool room with white noise supports longer stretches.
- **Adjust Daily:** If a nap is short, shorten the next wake window slightly.
- **Feeding:** Ensure full feeds during the day to help consolidate sleep.

*Note: These are guidelines. Every baby is unique! If your baby is happy and sleeping well, you've found their rhythm.

You got this!




Book your free
discovery call today!


*The Sleep
Whisperer*



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