



Wake Windows Cheat Sheet

Age	Time Awake
Birth to 10 weeks	45 to 60 minutes
11 weeks to 3.5 months	1.5 hours
3.5 to 5 months	2 hours
5 months to 7 months	2.5 to 3 hours
8 months to 13 months	3 to 4 hours
14 months to 3 years	5 to 6 hours