

Awake Window Guide

0-3 years

Age	Number of Naps	Duration of Naps	Awake Time	Bedtime	Hours of Day Sleep	Hours of Night Sleep	Total Hours of Sleep
0-6 weeks	4-6	30 mins—3 hrs	30-60 mins	8-10pm	5-6	10-12	16-18
6-12 weeks	4-5	30 mins—3 hrs	60-90 mins	7-9pm	5	10-12	15-18
12 wks—16 wks	3-5	30 mins—2 hrs	1.5-1.75 hrs	7-9pm	5	10-12	15-16
4 months	3-4	1-2 hrs	1.5-2 hrs	7-8pm	4	10-12	14-16
5 months	3-4	1-2 hrs	1.75-2.5 hrs	7-8pm	3-4	10-12	13-15
6 months	2-3	1-2 hrs	2.5-3 hrs	7-8pm	3-3.5	10-12	13-15
7 months	2-3	1-2 hrs	2.5-3 hrs	7-8pm	3	10-12	13-15
8-9 months	2	1-2 hrs	3-3.5 hrs	7-8pm	3	10-12	13-15
10-12 months	2	1-2 hrs	3-4 hrs	7-8pm	2-3	10-12	12-15
13-18 months	2-1	1-3 hrs	4.5-5 hrs	7-8pm	2-3	10-12	12-14
18 mos—2.5 yrs	1	1.5-3 hrs	5-5.5 hrs	7-8pm	1.5-3	10-12	12-14
2.5-3 yrs	1-0	1-2 hrs	5.5 hrs	7-8pm	1-2	10-12	11-13

