

# Wake Windows by Age

A realistic, no-stress guide for tired parents



Age

Wake Window

Newborn (0-4 weeks)

30-60 minutes

1-3 months

60-90 minutes

4-5 months

1.5-2.5 hours

6-7 months

2-3 hours

8-10 months

2.5-3.5 hours

11-14 months

3-4 hours

15-24 months

4-6 hours

A gentle reminder

- Wake windows are guides, not rules
- Always watch your baby, not just the clock
- Adjust by 15-30 minutes if naps feel off
- Overtired babies often look wired, not sleepy

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