

✨ Wake Windows for babies and toddlers

How long should my baby be awake?



All babies are different. Watch for signs of tiredness – yawning, rubbing eyes, staring off into distance, fussiness, crying, etc.

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Age (months)	Wake Windows (Hours)
<1 months	0.5-1
1-2	0.75-1
2-3	1-1.5
4-5	1.75-2
6-7	2.25-2.75
8-9	2.75-3
10-11	3-4
12-14	3-4
15-18	5-6.5
19-24	6-6.5