

# Wake Windows

A wake window is simply the period of time between sleeps. During a wake window, sufficient sleep pressure builds up in your baby's brain causing them to eventually fall asleep easily and stay asleep.

Appropriate wake windows can set you up for successful naptimes and nighttime sleep. If you are struggling with your baby's daytime sleep using wake windows as a guide can help organize your baby's sleeps. Wake windows are a guideline not a rule. They can be decreased or extended to find what best works for your baby. The shortest wake window of the day for babies who take more than 1 nap is usually the first wake window of the day. The longest wake window is usually the last extended wake time before bedtime.

**SHERRI MORRIS - FAMILY SLEEP SUPPORT**

## AGE

0-4 weeks  
4-8 weeks  
9-12 weeks  
13-16 wks  
4 months  
5 months  
6 months  
7 months  
8 months  
9 months  
10 months  
11-12 mths

## SUGGESTED WAKE WINDOW

30-60 minutes  
45-75 minutes  
1-1.5 hours  
1.25-1.75 hours  
1.5-2 hours  
1.75-2.25 hours  
2-2.5 hours  
2.25-2.75 hours  
2.5-3 hours  
2.75-3.25 hours  
3-3.5 hours  
3-4 hours