



# Your wake window guide

A little guidance for your baby's changing rhythm.

Count from waking to falling asleep again, including feeds, play and settling. The first window is often shorter and the last often longer, but your baby's pattern may vary.

| Age<br>At a glance         | First wake window<br>Before the first nap | Middle wake windows<br>Between daytime naps | Last wake window<br>Before bedtime |
|----------------------------|-------------------------------------------|---------------------------------------------|------------------------------------|
| 0 - 4 weeks                | 30 - 60 min                               | 30 - 60 min                                 | 30 - 60 min                        |
| 4 - 8 weeks                | 45 - 60 min                               | 45 - 90 min                                 | 45 - 90 min                        |
| 8 - 12 weeks               | 60 - 75 min                               | 60 - 90 min                                 | 75 - 105 min                       |
| 3 months                   | 1h - 1h 30m                               | 1h 15m - 1h 45m                             | 1h 30m - 2h                        |
| 4 months                   | 1h 30m - 1h 45m                           | 1h 45m - 2h 15m                             | 2h - 2h 30m                        |
| 5 months                   | 1h 45m - 2h 15m                           | 2h - 2h 30m                                 | 2h 15m - 3h                        |
| 6 months                   | 2h - 2h 30m                               | 2h 15m - 3h                                 | 2h 30m - 3h                        |
| 7 - 9 months               | 2h 30m - 3h                               | 2h 30m - 3h 30m                             | 3h - 4h                            |
| 9 - 12 months              | 2h 45m - 3h 30m                           | 3h - 3h 45m                                 | 3h 30m - 4h                        |
| 12 - 15 months<br>Two naps | 3h - 3h 45m                               | 3h 30m - 4h                                 | 3h 30m - 4h 30m                    |
| 15 - 18 months<br>Two naps | 3h 15m - 4h                               | 3h 30m - 4h                                 | 3h 45m - 4h 30m                    |
| 15 - 18 months<br>One nap  | 4h 30m - 5h 30m                           | One midday nap                              | 4h 30m - 6h                        |

h = hours; m = minutes. These are starting ranges, not targets to reach.

**Newborns:** Follow feeding and sleepy cues rather than a schedule. Never keep a sleepy baby awake to reach a number.

**Nap transitions:** Choose the nap pattern your child is taking. The ages are approximate; one-nap days have no middle wake window.

## Let their sleep cues guide you

Use your baby's sleep cues to decide whether their wake window needs to be shorter, longer or stay the same.

### EARLY SIGNS TO NOTICE

Quieter or less engaged, looking away, staring, slower movements or a first yawn. Begin a calm wind-down.

### LATER SIGNS TO NOTICE

Repeated yawning, eye rubbing, fussing, crying or becoming unusually busy. Offer comfort and help them settle.

Cues differ between children.

## Adjust to the day

After a broken night or a short nap, your baby may need a shorter window, an extra nap or an earlier bedtime. If they are content but consistently slow to settle, try a small change of around 10 - 15 minutes and watch the pattern.