



Wake Time Chart

| Age | Wake time length | Naps | Max Day sleep | Total Sleep (Naps + Night) |
|---------------|------------------|-----------|---------------|----------------------------|
| 1 Month | 30 – 45 minutes | 4+ Naps | 5- 6 hours | 14- 18+ hours |
| 2 Months | 1-1.25 hours | 4+ Naps | 5 hours | 14- 18 hours |
| 3 Months | 1.5 hours | 4 Naps | 4 hours | 14- 17 hours |
| 4 Months | 2 hours | 3- 4 Naps | 4 hours | 12- 15 hours |
| 5 Months | 2.25 hours | 3 Naps | 3.5- 4 hours | 12- 15 hours |
| 6 Months | 2.5 hours | 2- 3 Naps | 3.5 hours | 12- 15 hours |
| 7 Months | 2.75 hours | 2- 3 Naps | 3- 3.5 hours | 12- 15 hours |
| 8 Months | 3 hours | 2- 3 Naps | 3 hours | 12- 15 hours |
| 9 Months | 3 -3.5 hours | 2 Naps | 3 hours | 12- 15 hours |
| 10 Months | 3.5 hours | 2 Naps | 2.5- 3 hours | 12- 15 hours |
| 11 Months | 3.5 - 4 hours | 2 Naps | 2.5- 3 hours | 12- 15 hours |
| 12- 18 Months | 4 hours | 2 Naps | 3 hours | 11- 14 hours |
| 12- 18 Months | 4.5 – 6 hours | 1 Nap | 3 hours | 11- 14 hours |
| 18+ Months | 5- 6 hours | 1 Nap | 3 hours | 11- 14 hours |
| 3+ years | 5- 6 hours | 0-1 Nap | 1.5 hours | 11- 14 hours |

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