

Approximate Wake Times

Approximate Age Appropriate Wake Windows

Age	Awake time	Number of naps
NB - 6 weeks	30 - 45 min	4-6
6 weeks - 4 months	1 hour	3-4
4 - 6 months	1.5 hours	3-4
6 - 9 months	1.75-2 hours	2-3
9 - 12 months	2.5 hours	2
1 - 2 years	3 hours	1-2
2 - 3 years	4 hours	1
3 - 5 years	5 hours	0-1