



### **Suggested Wake Times**

Age (months)	Wake Time Length	Naps per day	Max Day Sleep	Total Sleep (naps + night sleep)
	1 hour	4+	5-6 hours	14-17 hours
2	1.25 hours	4+	5 hours	14-17 hours
3	1.5 hours	3-4	4 hours	14-17 hours
4	2 hours	3-4	4 hours	12-15 hours
5	2.25 hours	3	3.5-4 hours	12-15 hours
6	2.5 hours	2-3	3.5 hours	12-15 hours
7	2.75 hours	2-3	3-3.5 hours	12-15 hours
8	3 hours	2	3 hours	12-15 hours
9	3.5 hours	2	3 hours	12-15 hours
10	4 hours	2	2.5 hours	12-15 hours
11	5 hours	2	2.5 hours	12-15 hours
12	5 hours	2	2 hours	12-15 hours