

Wake Times By Age

1 Month	1 Hour
2 Months	1.25 Hours
3 Months	1.5 Hours
4 Months	1.75-2 Hours
5 Months	2.25 Hours
6 Months	2.5 Hours
7 Months	2.75 Hours
8 Months	3 Hours
9 Months	3.25 Hours
10 Months	3.5 Hours
11 Months	3.75 Hours
12+ Months 2 naps	4 Hours
12+ Months 1 nap	5-6 Hours

"Wake times" or "wake windows" are the amount of time in between sleep when your child is awake. Too long or too short of a wake time can result in short naps and/or wakings overnight.

This is just a guide, it may vary depending on your child's sleep needs.

DISCLAIMER

This information is educational, for healthy children, used strictly at your own risk, and does not replace medical advice. Driven exclusively by Virginia law; unauthorized sharing is prohibited.

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