

AGE APPROPRIATE AWAKE WINDOWS

So that your baby does not become overtired, below is some general guidance on age-appropriate awake times for your newborn. Please also read the handout on tired signs to look for cues that your baby is getting tired and is ready for sleep.

| AGE | TOTAL AWAKE TIME |
|---------------------|---|
| Newborn | 40 – 60 minutes |
| 3 – 6 weeks | 60 – 90 minutes |
| 6 – 9 weeks | 90 minutes +/- 15 minutes |
| 9 – 12 weeks | 1.75 hours |
| 12 – 16 weeks | 1.5 – 2 hours with 3 naps per day |
| 16 – 18 weeks | 2 hours with 3 naps per day |
| 5 months | 2.25 hours with 3 naps per day |
| 7 months + | 2.5 hours (most babies will drop to 2 naps per day with 4 hours between end of last nap and bedtime) |
| 15 – 18 months | Morning nap begins to drop off. Bedtime 4 hours after last nap ended. |
| 18 months – 2 years | 1 nap. Bedtime 4.5 hours after nap ends. |
| 2 – 3 years | 5.5 hours awake, nap, then 5.5 hours awake between end of nap and bedtime. Nap 40 minutes – 1.5 hours. Reduce nap time if affects settling at bedtime. Nap will usually be gone by 3 years. |