

# Wake Windows

— by Age —



**0-1**  
MONTHS

WAKE WINDOW:

**45-60 minutes**

At this stage, everything revolves around feeding and sleep. Wake windows are short, and honestly, things can feel a little all over the place. That's normal. Focus less on a "schedule" and more on keeping awake time short so your baby doesn't get overtired.



**2-3**  
MONTHS

WAKE WINDOW:

**60-90 minutes**

You'll start to notice your baby staying awake a bit longer and becoming more alert. This is when sleepy cues really matter—catching them early can make a big difference in how easily your baby goes down for naps.



**4-5**  
MONTHS

WAKE WINDOW:

**1.5-2 hours**

This is often the sweet spot to begin a simple routine. Your baby can handle a little more awake time, and patterns start to emerge. Nothing has to be rigid—just consistent enough to help signal sleep.



**6-7**  
MONTHS

WAKE WINDOW:

**2-2.5 hours**

Naps become more predictable here, and many babies start transitioning from 3 naps to 2. You'll likely notice that keeping wake windows consistent helps everything else fall into place a bit easier.



**7-9**  
MONTHS

WAKE WINDOW:

**2.5-3 hours**

This stage can feel like a turning point. With more consistency during the day, sleep often becomes more consolidated at night. A solid bedtime routine really starts to pay off here.



**10-12**  
MONTHS

WAKE WINDOW:

**3-4 hours**

Your baby can stay awake much longer now, and you may start to see signs they're getting ready to drop to one nap. Schedules can shift a bit during this time—but that doesn't mean anything is wrong. It's just part of the transition.