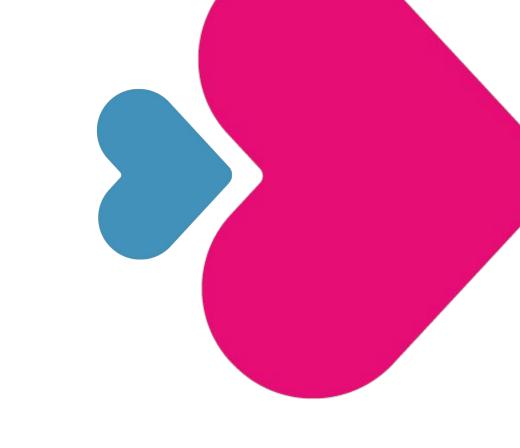


KixNurse Guide to 'Infant Wake Windows'



Navigating your baby's sleep schedule can be challenging, but understanding wake windows is a game-changer. Wake windows are the times your baby can stay awake between naps, helping them rest well and avoid overtiredness.

Every baby is different, and their wake windows grow with them. Use the table below as a guide, and remember, KixNurses are here if you need support with your baby's sleep!

Age	: Wake Window
0 – 1 Month	45 – 60min
2 – 3 Months	1h – 1h 45min
4 – 5 Months	2h – 2h 15min
6 – 8 Months	2h 30min – 3h
9 – 12 Months	3h – 3h 30min
12 – 18 Months	3h – 4h
18 – 24 Months	5h – 6h (pre-nap)
2 Years	5h – 6h (pre-nap)
3 Years	6h – 7h (pre-nap)
4-5 Years*	6h – 7h (pre-nap)