



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) |

***OFTEN NO NAP**