



# WAKE WINDOW GUIDE

**Wake  
Window**

**Number  
of Naps**

**Bedtime**

**Newborn**

**45-60 Minutes**

**4-6 Naps**

**8-9 PM**

**4-6 Months**

**1.5-2.5 Hours**

**3-4 Naps**

**7-8 PM**

**7-14 Months**

**3-3.5 Hours**

**2 Naps**

**6:30-7:30 PM**

**14 Months-3 Years**

**4-5 Hours**

**1 Nap**

**7-8 PM**