

Wake window cheat sheet

Ages 0 to 3 years. The one chart I send to every client.

A FREE GUIDE FROM
BABY SLEEPING COACH

A note before we start. This guide is for general education only. It is not medical advice. If your child has any medical condition, suspected condition, or symptom that concerns you, please consult a qualified paediatrician before making any change based on this guide. See the full medical disclaimer at babysleepingcoach.com/terms.

Wake windows by age

Wake windows are the time between sleeps. Get them roughly right and most other sleep problems shrink. These are averages. About 70 percent of babies fit closely. The other 30 percent run shorter or longer, which you find by watching cues, not the clock.

Age	Wake window	Naps per day	Total night sleep
0 to 6 weeks	45 to 60 min	4 to 6	10 to 14 hrs (broken)
6 to 12 weeks	60 to 90 min	4 to 5	10 to 12 hrs
3 to 4 months	90 to 120 min	3 to 4	10 to 12 hrs
4 to 6 months	2 to 2.5 hrs	3 to 4	10 to 12 hrs
6 to 9 months	2.5 to 3 hrs	2 to 3	10 to 12 hrs
9 to 12 months	3 to 3.5 hrs	2	10 to 12 hrs
12 to 18 months	3.5 to 4.5 hrs	1 to 2	10 to 12 hrs
18 mo to 3 yrs	5 to 6 hrs	1	10 to 11 hrs
3+ yrs	All day	0 to 1	10 to 11 hrs

Early tiredness cues to watch for

- The 1000-yard stare. Eye contact softens.
- Reduced engagement with toys. 15-second drops in focus.
- Cool ears. Genuinely. Vasoconstriction often comes early.
- Subtle pause-and-yawn that is easy to miss.

By the time you see eye rubbing, frowning, or full crying, the window already closed. Aim to be in the cot 5 to 10 minutes earlier next time.

The 'don't be a clock-watcher' caveats

- Use the chart for the first nap of the morning. From there, adjust based on the previous nap.
- Short nap = shorten next window by 15 min. Long nap = extend by 15.
- Travel days, sick days, growth spurt days: throw the chart out, watch cues.

Want a plan built for your child, not for the internet?

The full Sleep Reset program includes a 90-minute private consult, a 6-page personalised plan, and 2 weeks of text and iMessage support. Book your free 15 min discovery call at babysleepingcoach.com