

Wake windows by age.

Stick on the fridge. The next-nap window without checking your phone. Numbers are starting points — your baby's window may run short or long. Trust the sleepy cues over the clock.

NEWBORN

0–6 weeks

45–60

MINUTES AWAKE

NAPS / DAY

5–6

TOTAL / 24H

16–18 h

NEWBORN

6–12 weeks

60–90

MINUTES AWAKE

NAPS / DAY

4–5

TOTAL / 24H

15–17 h

INFANT

3–4 months

75–105

MINUTES AWAKE

NAPS / DAY

4

TOTAL / 24H

14–16 h

INFANT

4–5 months

1.5–2 h

AWAKE BETWEEN SLEEPS

NAPS / DAY

3–4

TOTAL / 24H

14–15 h

INFANT

5–7 months

2–2.5 h

AWAKE BETWEEN SLEEPS

NAPS / DAY

3

TOTAL / 24H

13–15 h

INFANT

7–10 months

2.5–3 h

AWAKE BETWEEN SLEEPS

NAPS / DAY

2–3

TOTAL / 24H

13–14 h

TODDLER

10–14 months

3–4 h

AWAKE BETWEEN SLEEPS

NAPS / DAY

2 → 1

TOTAL / 24H

12–14 h

TODDLER

14–18 months

4–5 h

AWAKE BETWEEN SLEEPS

NAPS / DAY

1–2

TOTAL / 24H

12–13 h

TODDLER

18–36 months

5–6 h

AWAKE BETWEEN SLEEPS

NAPS / DAY

1

TOTAL / 24H

11–13 h

PRESCHOOL

3–5 years

6–8 h

AWAKE BETWEEN SLEEPS

NAPS / DAY

0–1

TOTAL / 24H

10–12 h

Sleepy cues to watch for: yawning, ear-rubbing, glazed stare, looking away from toys, brief whining. By the time fussing or crying starts, you've usually missed the easiest window — recovery now needs an earlier-than-usual sleep, not a later one.