



WAKE TIMES

SLUMBERLAB



Wake times are a very important component to improving your baby's overall sleep. Wake time is defined as the amount of time your baby spends awake in between sleep times. If your baby is up for too long (yes, overtired babies sometimes have a hard time falling asleep) or not awake for long enough, he/she might fight sleep. Incorrect wake periods also contribute to poor naps and excessive night wakings. Getting the wake timing just right will greatly improve sleep overall.

A consistent schedule will be crucial to help set your baby's internal clock. This will help him/her fall asleep and stay asleep much easier. These times are pretty consistent across the board for most babies. If any adjustments need to be made, it could be as easy as adding or taking awake 15 or 30 minutes. Please see the chart below to learn more about the appropriate wake times for your baby's age.

Leah Gelman
Leah Gelman

412-818-7237 | SLUMBERLAB@LEAHGELMAN.COM

Pittsburgh, PA



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Age (Months)	Wake Time Length (Hours)	Naps	Max Day Sleep (Hours)	Naps & Night Sleep = Total Sleep (Hours)
1	1	4+	5 - 6	14 - 17
2	1.25	4+	5	14 - 17
3	1.5	4	4	14 - 17
4	2	3 - 4	4	12 - 15
5	2.25	3	3.5 - 4	12 - 15
6	2.5	2 - 3	3.5	12 - 15
7	2.75	2 - 3	3 - 3.5	12 - 15
8	3	2 - 3	3	12 - 15
9	3 - 3.5	2	3	12 - 15
10	3.5 - 4	2	2.5	12 - 15
11	4 - 5	1 - 2	2.5 - 3	12 - 15
12-18 // 2 Naps	4 - 5	2	2	11 - 14
12-18 // 1 Nap	4.5 - 6	1	3	11 - 14
18+	5 - 7	1	3	11 - 14
22 mo - 3 yrs (avg 2.5 Yrs)	No More Naps			11 - 14