

AGE	WAKE WINDOW*	DAY SLEEP*
0 – 6 Weeks	45–60 mins	varies
2 Months	1 hour	varies
3 Months	1 – 1.5 hours	max 5 hours ish
4 Months	1.25 – 1.75 hours	3.5–4.5 hours
5 Months	1.5 – 2.25 hours	3–4 hours
6 Months	2 – 2.5 hours	3–4 hours
7 Months	2.5 – 2.75 hours	2.5–3.5 hours
8 Months	2.25 – 3 hours	2.5–3.5 hours
9 Months	2.5 – 3 hours	2.5–3.5 hours
10 Months	3 – 3.5 hours	2.5–3.5 hours
11 Months	3 – 4 hours	2–3 hours
12 Months	3 – 4 hours	2–3 hours

*these times can also range!

AGE		24 HOUR SLEEP*	
0 – 6 Weeks		14–18 hours	
2 Months		14–17 hours	
3 Months		14–16 hours	
4 Months		12–16 hours	
5 Months		12–16 hours	
6 Months		12–16 hours	
7 Months		12–16 hours	
8 Months		12–16 hours	
9 Months		12–16 hours	
10 Months		12–15 hours	
11 Months		12–15 hours	
12 Months		11–14 hours	

*these times can also range!