



WAKEFUL WINDOWS

The time between your little ones naps and sleep!



WAKEFUL WINDOWS 0 - 4 Years

	0-5 mnths	6-8 mnths	9-12 mnths	12-18 mnths	2-4 years
Number of naps during the day:	4 - 5	2 - 3	2	1 - 2	0 - 1
Wakeful Window:	1 hr!	1.5-3 hrs!	2-4 hrs!	4-6 hrs!	5-12 hrs!
Total Daytime Sleep:	3-5 hrs	2.5-3.5 hrs	2.5-3 hrs	2-2.5 hrs	0-2 hrs

WHAT IS A WAKEFUL WINDOW?

WELL, IT IS THE OPTIMUM AMOUNT OF TIME YOUR LITTLE ONE CAN SPEND AWAKE BEFORE NEEDING THEIR NEXT AMOUNT OF SLEEP! IT IS SURPRISINGLY VITAL TO HEALTHY SLEEP IN LITTLE ONES.

Wake windows are so important, especially in the early months. Certified sleep consultants won't advise "coaching or training" a baby under 4 months and sometimes not until 6 months. Our babies sleep cycles are just starting to develop and they're just starting to produce melatonin so sleep coaching can be detrimental at this time.

What we can do to help our little ones sleep better and achieve better sleep ourselves is to observe their wake windows and monitor both their daytime and nighttime sleep. Getting to them before they get overtired will help the settling process become shorter and increase sleep time!