

# Age Appropriate Wake Windows & Daily Naps

(Based on Averages)

Age	Max. Wake Window	Avg. # of Daily Naps
<2 months	0.5 - 1hr	4+ naps
3 months	1.5 hrs	4 naps
4 months	1.75 - 2 hrs	4 - 3 naps
5 months	2 hrs	3 naps
6 months	2.5 hrs	3 - 2 naps
7 months	2.75 hrs	3 - 2 naps
8 months	3 hrs	3 - 2 naps
9 months	3 hrs	2 naps
10-11 months	3 - 4 hrs	2 naps
12-14 months	3 - 4 hr (2 naps) 4.5 - 6h (1 nap)	2 - 1 naps
15-18 months	5 - 6.5 hrs	1 nap