



# DAYTIME WAKE WINDOWS

## AGE

## LENGTH

0-3 MONTHS

40-90 minutes

3-4 MONTHS

75 minutes - 2 hours

5-6 MONTHS

2-3 hours

7-14 MONTHS

2-4 hours

14-24 MONTHS

5-6 hours

[www.littleonessleepsociety.com](http://www.littleonessleepsociety.com)