

Baby wake windows: reference

Approximate first-year ranges, not a medical standard or a target to reach. Individual babies and days differ.

Date:

Initials (optional):

AGE BAND	APPROXIMATE AWAKE TIME
Birth to 1 month	30-60 minutes
1-3 months	1-2 hours
3-4 months	1.25-2.5 hours
5-7 months	2-4 hours
7-10 months	2.5-4.5 hours
10-12 months	3-6 hours

Reference: Cleveland Clinic, Wake Windows by Age (April 25, 2024). Age bands follow that source; boundary ages are not precise cutoffs. Watch your baby, not just the clock.

YOUR OBSERVATIONS (optional)

Woke at	Next sleep	What you noticed

Do not keep a tired baby awake or postpone a feed to meet these ranges. Infant sleep needs a firm, flat, separate surface; place baby on their back without loose bedding. Educational only; discuss concerns with your clinician.