



DAYTIME WAKE WINDOWS



0-3 Months

40-90 minutes of awake
time

4-6 Months

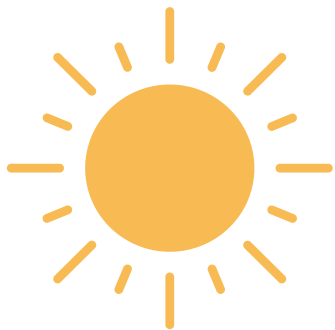
1.5-2.5 hours of awake
time

6-8 Months

2.5-3 hours of awake time

8-13 Months

2.5-3.5 hours of awake time
with possible 4 hour stretch
before bed



13-18 Months

4.5-6 hours of awake time

18 M- 3 years old

5-6 hours of awake time