

Wake Times By Age

1 Month	1 Hour
2 Months	1.25 Hours
3 Months	1.5 Hours
4 Months	1.75-2 Hours
5 Months	2.25 Hours
6 Months	2.5 Hours
7 Months	2.75 Hours
8 Months	3 Hours
9 Months	3.25 Hours
10 Months	3.5 Hours
11 Months	3.75 Hours
12+ Months 2 naps	4 Hours
12+ Months 1 nap	5-6 Hours

DISCLAIMER:

Always follow the advice of your Doctor or trusted Medical Professional

This is just a guide, it may vary depending on your child's sleep needs.

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How Many Naps Per Day

0-2 months	4+ naps
3-4 months	3-4 naps
5-8 months	3 naps
9-15 months	2 naps
15+ months	1 nap
2.5-5 years	no nap transition

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