

What is my babies age appropriate awake time?

New-born to 10 Weeks ---- 45 Minutes – 1 Hour

11 Weeks to 3.5 Months ---- 1.5 Hours

3.5 Months – 5 Months ---- 2 Hours

5 Months – 7 Months ---- 2.5 – 3 Hours

8 Months – 13 Months ---- 3 – 4 Hours

14 Months – 3 Years ---- 5 – 6 Hours



The Sleep Mantra

INFANT & CHILDREN'S SLEEP CONSULTING