

RECOMMENDED WAKE TIMES

IDEAL WAKE TIME and NAP DURATION

	NAPS PER DAY	WAKE TIME	TOTAL NAP DURATION
 NEWBORN	4 to 5	45-60 min	5 to 7 hours
 3-5 MONTHS	3 to 4	1.5 to 2 hours	3 to 4 hours
 5-8 MONTHS	3	2 to 2.5 hours	3 to 4 hours
 6-9 MONTHS	2	2.5 to 3.5 hours	2 to 3 hours
 9-15 MONTHS	2	3 to 4 hours	2 to 3 hours
 1-3 YEARS	1	4 to 6 hours	1.5 to 3 hours