



SN00ZLY™

PEDIATRIC SLEEP SYSTEM

🕒 QUICK REFERENCE GUIDE

WAKE WINDOW CHEAT SHEET

The Complete Age-by-Age Wake Window Reference

For babies 0–24 months — so you always know the right moment to begin the wind-down.

CREATED BY SN00ZLY PEDIATRIC SLEEP SYSTEM™

THE FOUNDATION

Why Wake Windows Matter

A wake window is simply the stretch of time your baby comfortably stays awake between two sleep periods. It is one of the most reliable tools you have — far steadier than the clock on the wall, because it follows your baby's own biology rather than an arbitrary hour.

Every baby builds sleep pressure the moment they wake up. As that pressure rises, the brain begins releasing melatonin in preparation for rest. Catch the window and settling feels almost effortless — miss it, in either direction, and the nervous system tips into overtiredness, or simply isn't ready yet.

The 15–20 Minute Rule

Being just 15–20 minutes off your baby's true window can be the difference between a smooth, restful nap and a short, fragmented one. Small windows, big impact.

THE SIMPLE CYCLE



Sleep Pressure

Builds steadily the moment baby wakes.



Melatonin

Released right on schedule, naturally.



Easier Sleep

A calm settle, with far less protest.

This guide translates that biology into real, usable numbers — age by age — so you can recognize the window before the overtired cues even arrive.

READING YOUR BABY

Signs Baby Is Ready for Sleep

Wake windows tell you roughly *when* to expect tiredness — these cues confirm it. Use both together: clock as a guide, cues as the final word.



Yawning

The clearest, earliest signal — act within minutes.



Droopy Eyes

Eyelids look heavy and start to close, even briefly.



Looking Away

Breaking eye contact to self-soothe from stimulation.



Rubbing Eyes

A reflexive, sleepy-making gesture.



Losing Interest

Toys and faces no longer hold attention.



Quiet Staring

A glazed, unfocused gaze into the distance.



Fussiness

Light grizzling that wasn't there minutes ago.



Arching / Pulling Away

A late cue — the window is closing fast.



Sn00zly Tip. The earlier you respond to the first one or two cues, the calmer the entire wind-down will be. Waiting for several at once usually means you've already drifted past the window.

AGE-BY-AGE REFERENCE

0-3 Months — The Newborn Stage

Sleep is led almost entirely by hunger and sleep pressure — and the window nearly doubles across these twelve weeks, so one number cannot cover the whole stage.

0-3 Months

The Newborn Stage

MAX AWAKE

45 min – 2 hrs

TYPICAL NAPS

6 → 3 naps



Sn00zly Tip. A newborn's wake window nearly doubles between birth and 12 weeks, which is why this page is split by age rather than given as one range. Watch cues as closely as the clock — overtiredness is common at this age and makes settling harder, not easier.

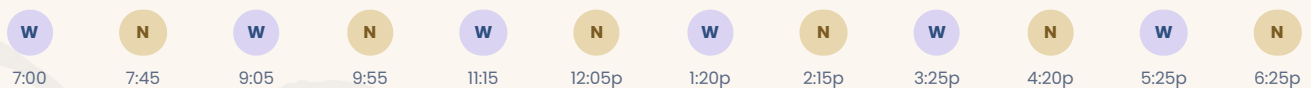
Age	Wake Window	Naps
0-2 weeks	45-60 min	5-6
2-4 weeks	45-60 min	5-6
4-6 weeks	60-75 min	5
6-8 weeks	75-90 min	4-5
8-12 weeks	1.5-2 hrs	3-4



Bedtime: No fixed bedtime before about 4 weeks
 · 6:30-8:30 PM at 4-8 weeks · 6:30-7:30 PM at 8-12 weeks

SAMPLE DAILY RHYTHM

At 3 weeks



the rhythm continues around the clock — no fixed bedtime yet

At 10 weeks



AGE-BY-AGE REFERENCE

4-6 Months — Building a Rhythm

Windows lengthen and naps consolidate. This is often when a more predictable daily rhythm starts to emerge.

4-6 Months

Building a Rhythm

MAX AWAKE

1.5-2.5 hrs

TYPICAL NAPS

4 → 2 naps



Sn00zly Tip. The 4-month regression often lands here as sleep cycles mature — expect some temporary shortening of naps even as wake windows lengthen overall. The last nap of the day is a catnap: keep it to 15-30 minutes so it bridges bedtime without draining sleep pressure.

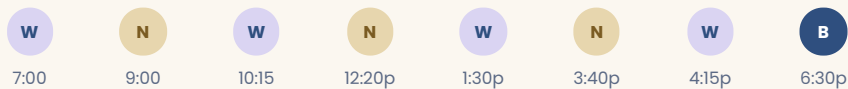
Window	Time of Day	Length
Morning	First wake of the day	1.5-2 hrs
Midday	Between naps 2-3	1.75-2.25 hrs
Afternoon	Catnap territory	2-2.25 hrs
Evening	Before bedtime	2-2.5 hrs



Bedtime: 6:30 – 7:30 PM · from 6 months, 6:00 – 7:30 PM

SAMPLE DAILY RHYTHM

At 5 months



AGE-BY-AGE REFERENCE

7-12 Months — The Two-Nap Era

Most babies settle into a steady two-nap rhythm here, with the third nap gradually fading out.

7-12 Months

The Two-Nap Era

MAX AWAKE

2.5-3.5 hrs

TYPICAL NAPS

2 naps



Sn00zly Tip. Crawling, pulling up, separation anxiety and teething can all temporarily disrupt this rhythm — hold the windows steady and routines usually recover within a week or two.

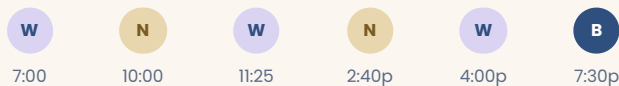
Window	Time of Day	Length
Morning	First wake of the day	2.5-3 hrs
Midday	Between nap 1 and 2	2.75-3.25 hrs
Afternoon → Evening	Last window before bed	3-3.5 hrs
Bedtime Buffer	Wind-down begins	30-45 min before



Bedtime: 6:00 – 7:30 PM · 1-2 naps from 11 months

SAMPLE DAILY RHYTHM

At 9 months



AGE-BY-AGE REFERENCE

12-24 Months — The One-Nap Toddler

Most toddlers transition down to a single, longer midday nap somewhere in this window — patience pays off here.

12-24 Months

The One-Nap Toddler

MAX AWAKE

4 – 6.25 hrs

TYPICAL NAPS

1 nap



Sn00zly Tip. On one nap a day the morning window is the LONGEST of the day and the afternoon one shorter — the opposite of the pattern babies follow. The 2-nap to 1-nap transition itself can take several weeks; expect some cranky afternoons while your toddler's body adjusts.

Window	Time of Day	Length
Morning	Before the nap (longest)	4–6.25 hrs
Midday Nap	One consolidated nap	1–2 hrs
Afternoon → Evening	Before bed (shorter)	4.25–4.5 hrs
Bedtime Buffer	Wind-down begins	30–45 min before



Bedtime: 6:30 – 8:00 PM across the stage · earlier during the 2-to-1 transition

SAMPLE DAILY RHYTHM

At 17 months

W

7:00

N

12:45p

W

2:45p

B

7:00p

AVOID THESE

Common Wake Window Mistakes

Wake windows work in both directions. Most nap struggles trace back to one of these two scenarios.



COMMON MISTAKE

Wake Window Too Short

- Undertired at sleep time
- Long, fussy settling
- Short, 30–45 minute naps
- More frequent night wakings

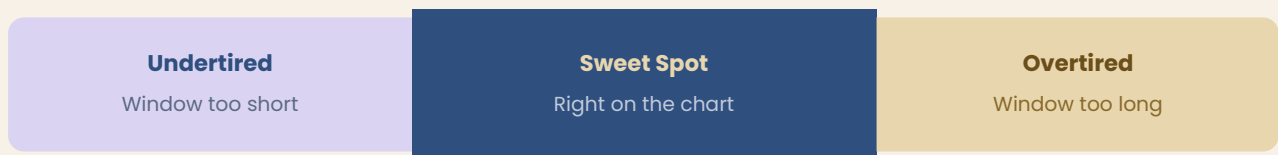


COMMON MISTAKE

Wake Window Too Long

- Overtired, wired-and-tired baby
- A cortisol & adrenaline spike
- Frequent waking once asleep
- False starts & split nights

The Wake Window Spectrum



The sweet spot sits right between the two. When in doubt, lean slightly shorter rather than longer.

DECISION GUIDE

Quick Emergency Reference

Not sure if it's time? Walk through this in under thirty seconds.

How long has baby been awake?

Check your baby's age on pages 4–7 and compare to the wake window range.



Is baby showing sleepy cues?

Yawning · eye rubbing · quiet staring · fussiness · looking away



Yes — Cues Present: Begin wind-down now

Not yet: offer a calm, low-stimulation activity and recheck in 10–15 minutes.



The clock gets you close

Wake window chart gives the range



The cues confirm it

Sleepy signals are the final word



Together, nearly foolproof

Use both for best results



*“Better sleep starts with understanding your baby’s
biology.”*

Ready for a stage-matched sleep guide?

Discover the Sn00zly Premium Sleep Collection — stage-matched guides for every age from birth to 24 months. Each guide covers the sleep science, schedules, settling techniques, and troubleshooting specific to your baby’s stage.



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