

# **Your Guide**

## **Newborn Wake Windows**

### **Birth - 12 Weeks**

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# Your Guide

<u>Age</u>	<u>Awake Time</u>	<u>Day Sleep</u>	<u>Night Sleep</u>	<u>Total</u>
<b>Birth</b>	45 mins	6-9hrs	9-12hrs	16-18hrs
<b>3 wks</b>	1hr	6-7hrs	9-12hrs	16-17hrs
<b>6 wks</b>	1.25 hrs	5-6hrs	9-12hrs	15-16.5hrs
<b>9 wks</b>	1.5hrs	4.5-5hrs	9-12hrs	14.5-16hrs
<b>12 wks</b>	1.75hrs	4-4.5hrs	9-12hrs	14-16hrs