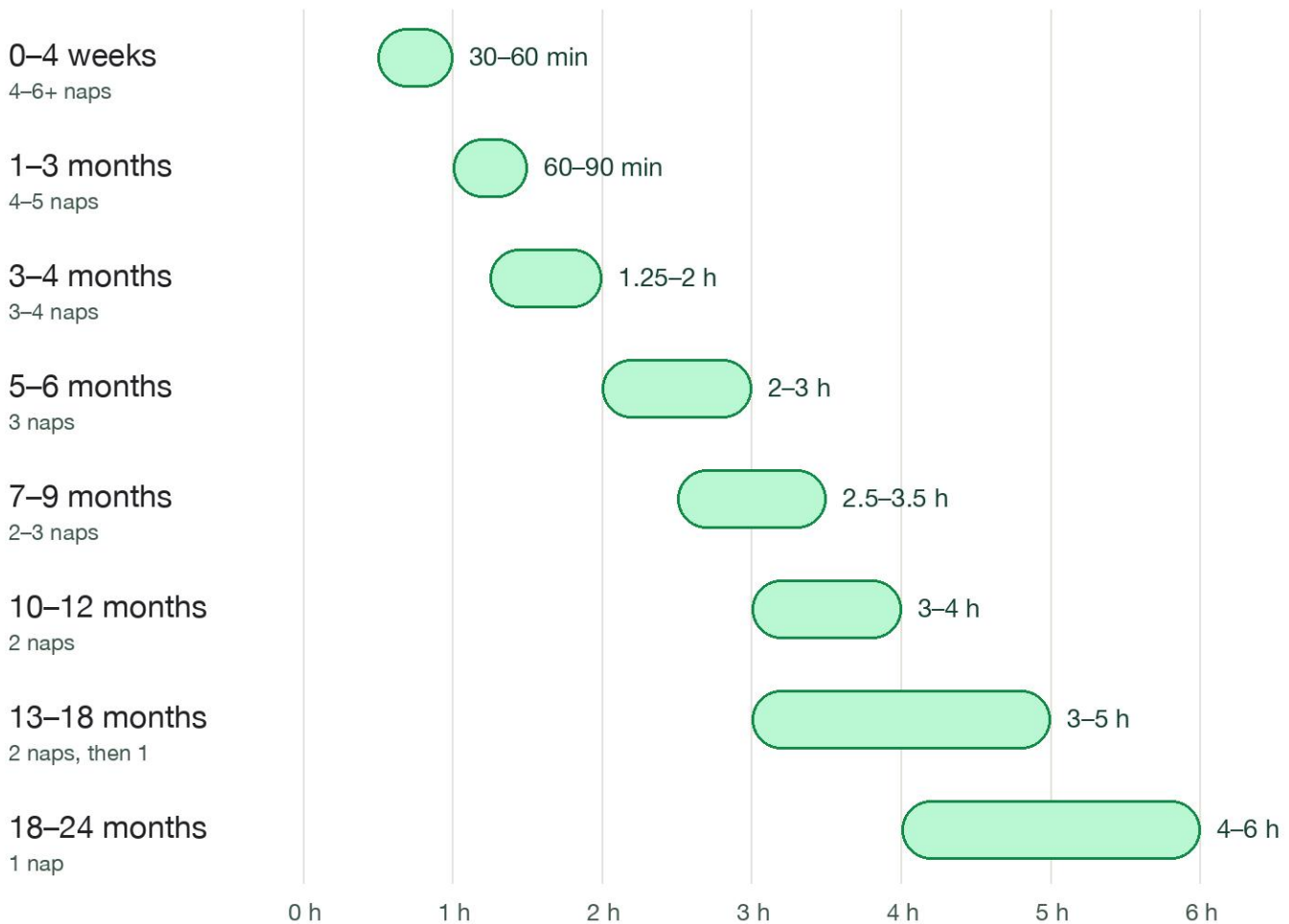


Wake windows by age — fridge chart

How long baby can comfortably stay awake between sleeps. Ranges are common practice, not rules.



How to use this chart

- Count from the moment baby WAKES — not from the end of the feed.
- Example: wakes 7:00, window 2–3 h, so the next nap lands between 9:00 and 10:00.
- Short nap? Use the early end of the window. Before bedtime, use the late end.
- Rough day? An earlier bedtime (even 6:00–6:30) fixes more than a perfect nap.