

NURTURE SLEEP Specialist

Newborn - 12 months Awake Window Guide

Newborn - 2 Months

45-60mins
Naps 5-8
(expect irregular
schedule)

3 Months

Nap 1: 1 hr - 1 ¼ hrs
Nap 2: 1 ¼ - 1.5 hrs
Nap 3: 1 ¼ hrs - 1.5 hrs
Nap 4 & 5: 1.5 hrs
Bedtime: 1 - 1 ¼ hrs

4 Months

Before Nap 1: 1hr 20min -
1.5hrs
Nap 2: 1.5hrs - 1hr 45min
Nap 3: 1.5hrs - 1hr 45min
Nap 4 & 5: 1.5hrs - 1hr 45min
Bedtime: 1hr 20min - 1hr
30min
**Younger babies prefer a later
bedtime - 9/930**

5 Months

Before Nap 1: 1.5 hr -
1hr 45min
Nap 2: 1hr 45min - 2hrs
Nap 3 & 4 (if needed) :
1hr 45min - 2 hrs
Bedtime: 1.5hr - 1hr
45min

6 Months

Before Nap 1: 1hr 45min - 2hrs
Nap 2: 2.5hrs - 2hr 45min
Nap 3: 2.5hrs - 2hr 45min
Nap 4 (if needed): 2 hr - 2hr 45min
Bedtime: 1hr 45min - 2hrs

7 Months

Before Nap 1: 1hr 45min - 2hrs
Nap 2: 2.5hrs - 2hr 45min
Nap 3: 2.5hrs - 2hr 45min
Nap 4 (if needed): 2 hr - 2hr 45min
Bedtime: 1hr 45min - 2hrs

8 Months

Before Nap 1: 2hrs - 2.5hrs
Nap 2: 2.5hrs - 3hrs
Nap 3: 2.5hrs - 3hrs
Nap 4 (if needed): 2 hr - 3hrs
Bedtime: 2hrs - 2.5hrs

9 Months

Before Nap 1: 2hr 45min - 3hr 15min
Nap 2: 3-3.5 hrs
Nap 3 (if needed): 3 - 3.5hrs
Bedtime: 2hrs 45min - 3hr 15min
Aim for 7/7:30pm bedtime

10 Months

Before nap 1: 3 hrs
Nap 2: 3hr 15min - 3.5 hrs
Bedtime: 3 hrs
**shift to a earlier bedtime 6-
7:30pm**

11 Months

Before Nap 1: 3 hrs - 3 ¼ hrs
Nap 2: 3.5 hrs- 3 ¾ hrs
Bedtime: 3.5 hrs

12 Months

Nap 1: 3 hrs - 3.5 hrs
Nap 2: 3.5 hrs - 4 hrs
Bedtime: 3 hrs - 3.5 hrs

The safety of your child always comes first — please follow Red Nose Australia's SIDS safe sleep guidelines and seek medical advice if you have any concerns. © 2026 Nurture Sleep Specialist.

All rights reserved.

This material is for personal use only and may not be shared or reproduced without written permission.