

# Quick Tips FOR SUCCESSFUL SLEEP



Approximate Awake Windows *by age:*

0-3 months: 60-90 minutes

4-6 months: 1.5-2.5 hours

7-9 months: 2-3.5 hours

10-12 months: 2-4 hours

13-16 months: 2.5-4.5 hours

17-18 months: 4.5-5.5 hours



3 things to do with baby during awake time:  
get outside, tummy time, age-appropriate toys



## Sleep Tips

1. Newborns have day/night confusion. Ensure to expose them to light during the day and keep things dim at night
2. Swaddle a newborn until they show signs of rolling
3. Keep your babies sleep space cool: the AAP recommends between 68-72F