



# AWAKE WINDOW GUIDE

**Perth Baby & Toddler Sleep  
Consulting**



**FREE GUIDE**





## Hello & Welcome!



Hello, I'm Nicole,

I am an internationally certified infant and toddler sleep consultant & mother of two.

I am based in Perth, WA but work with families Australia wide offering both 1-1 support, guides, classes and other resources in a way that's accessible to families across the country.

I know firsthand how hard sleep deprivation can be and I am so passionate about changing the narrative surrounding sleep support. Supporting your little one in creating healthy, sustainable and restorative sleep is an intuitive, responsive and holistic process for families at Perth Baby and Toddler Sleep Consulting.

No matter what your sleep issue is I am committed to supporting you and your family to achieve better sleep.

A key consideration when working with families through 1-1 support is your little one's individual temperament and your personal parenting style as I value this hugely and also know that supporting sleep shouldn't be a 'one size fits all' approach.

Thank you for trusting in me with your family and I hope this resource helps you.





## About This Guide

Understanding the significance of sleep pressure in offering sleep at optimal times can be a game changer! Following age appropriate awake windows can result in a calmer baby or toddler, easier and quicker settling, longer consolidated naps and better differentiation between hunger and tiredness cues in young babies.

‘Awake window’ refers to the period of time your baby or toddler is awake between naps or sleep.

As shown in this guide awake windows change considerably in the first six months. After six months, they don't change as much but do continue to increase with age.

Please note that this document is a guide only and should not be taken as medical advice. The recommended awake windows do not consider the number of naps for each individual child and the individual needs of each child.

# Awake Windows By Age

## Newborn to 6 Months

**6 weeks**  
70-90 mins

**12 weeks**  
90-115 mins

**4 months**  
90-120 mins

**5 months**  
2 hours-2 hours 15 mins

**6 months**  
2.5 hours

# Awake Windows By Age

## 7 Months to 2.5 Years

**7-8 Months**

2.5-3.5 hours

**9-15 Months**

2.5 hours - 4.5 hours

**16-17 Months**

3 hours - 5 hours

**18 months**

5 hours

**2 Years**

5.5 hours

**2 Years**

5.5-6 hours



# How We Can Help

## Nap Tutorial

Struggling with naps? This tutorial was designed for you. A 30 minute class to educate and empower you on naps, how to achieve them, what to do if things go wrong and when naps should change. Achieving good day sleep is also crucial in supporting good overnight sleep.

## Routine Guide

Unsure how many naps your little one should be having or how long they should be? This affordable and easy to follow guide is for you. Including detailed routine examples tailored to each age in the first 12 months, nap quantities and duration, how to create a successful routine and so much more.

## 1-1 Support

We have three different 1-1 support service options to cater to all sleep issues, needs and budgets. Our approach is holistic, responsive & evidence based. Sleep support isn't a one size fits all and your baby or toddler's individual temperament and your parenting style are so important here at Perth Baby and Toddler Sleep Consulting.





## Testimonials



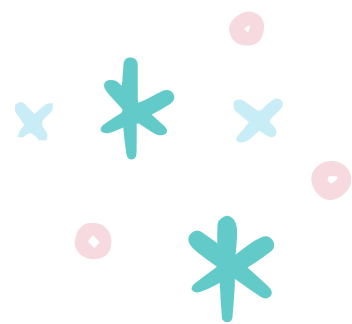
Nicole has honestly saved my sanity. I felt heard and supported without any judgement AT ALL by her. She provided me with different methods that would work best for my child, based on their personality - not a "one size fits all" approach. I can't believe the massive changes in mine and my child's sleep patterns. The daily follow up support is also great to ask any questions I think of. I wish I reached out to Nicole for help 8 months ago when our problems first started. Hands down best money I have spent in years. Highly recommend.

-Ally



This was honestly life changing. Nicole provided us with much needed advice, and information about our bub's sleep as well as GENTLE strategies to help us support him in learning to self settle. Her program was personalised to our child to align with our parenting style and our baby's emotional and physical needs. As a result of implementing the sleep plan made for us, Harry now naps like a little legend and sleeps through the night!!! If you are struggling with sleep get in touch with Perth Baby and Toddler Sleep Consulting. You won't regret it!

-Emmy





# Thank You!

Thank you for being here and trusting me with your little one's sleep.

I hope this free guide has been a helpful resource to you.  
If you have any questions, please don't hesitate to reach out.

## Want to Get in Touch?



@perthsleepconsulting



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[www.perthsleepconsulting.com.au](http://www.perthsleepconsulting.com.au)

