



AWAKE WINDOW

Guide



Hello & Welcome!



Hello, I'm Nicole,

I'm an internationally certified infant and toddler sleep consultant and a mother of two, based in Perth, WA, but supporting families worldwide.

I know firsthand how challenging sleep deprivation can be; those long nights, difficult bedtimes or exhausting days can leave parents feeling drained, overwhelmed and unsure where to turn.

That's why I'm so passionate about changing the narrative around sleep support.

At Thrive Sleep Consulting, our goal is to help sleep deprived parents and their little one's move from simply surviving to truly *thriving*. We're building a supportive *Thrive* community where families feel empowered, understood, and guided toward restorative, sustainable sleep and a more positive parenting experience.

Supporting your baby or toddler to sleep well isn't about a rigid approach. Our work is grounded in a responsive, intuitive, and holistic philosophy that honours both your child and you as a parent. At Thrive your child's unique temperament and your personal parenting style are so valued. These factors matter deeply, and together we create a way forward that feels aligned, supportive, and achievable for your family.

Thank you for trusting me with something so important. I'm truly honoured to support you and your little one on your journey towards better sleep and a more rested & thriving family.

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.

Understanding Awake Windows

One of the most important factors in supporting healthy sleep for babies and toddlers is understanding the role of the Homeostatic Sleep Drive (Sleep Pressure) and how awake windows can support this drive and sleep.

An awake window is the amount of time your baby or toddler can comfortably stay awake between sleeps. During this time, their body gradually builds up the biological pressure needed for sleep. When this timing is right, falling asleep and staying asleep becomes much easier.

This sleep pressure is driven by something called the homeostatic sleep drive. While your little one is awake, their body produces a chemical called adenosine, which slowly builds up in the brain. The longer they are awake, the more adenosine accumulates, creating the natural urge to sleep.

However, when babies stay awake too long, their bodies can begin to produce higher levels of cortisol and adrenaline. These are stress hormones that are designed to keep us alert and awake. While they are helpful in keeping us functioning when we are overtired, they can make it much harder for babies and toddlers to settle, fall asleep, and stay asleep.

This is why an overtired baby may seem more wired, fussy, or difficult to settle, even though they are actually very tired.

On the other hand, if an awake window is too short, your baby may not have built enough sleep pressure through adenosine to fall asleep easily or stay asleep for a full nap.

Creating the 'sweet spot' between the two can be achieved by following age appropriate awake windows in conjunction with sleep cues.

Naps & When to Start!

Naps & Awake Windows

When babies and toddlers have the right balance of sleep pressure, they are more likely to have longer, restorative naps. When naps are restorative, it helps prevent overtiredness which can support a smoother, more settled bedtime.

Think of your baby's sleep as a cycle across the entire day, rather than day sleep and night sleep being separate. When naps are well supported, your baby is less likely to become overtired, which means bedtime is often easier and night sleep can become more consolidated. This is where awake windows play an important role.

Good naps during the day = better night sleep

Struggling with Naps? Check out the Nap & Feed Routine Guide

When to Start Using Awake Windows

Awake windows are most helpful once your baby is around 10-12 weeks old, when their circadian rhythm is more established and they are moving out of the newborn stage. Before this age, newborns often show very subtle tired cues and may need to sleep frequently and flexibly throughout the day.

It's important to remember that awake windows are guidelines and your baby's temperament, development, and daily needs may influence how long they can comfortably stay awake. The goal is not to watch the clock perfectly, but rather to use awake windows as a gentle framework, while still responding to your baby's cues. When we balance awake windows with your baby's individual needs, we create the ideal conditions for better naps, smoother bedtimes, and more restorative sleep overall.



3 - 7 Months

12 Weeks

75- 90 mins

4 Months

90-120 mins

5 Months

1 hr 45 mins - 2 hrs

6 Months

2 hrs - 2 hrs 15 mins

7 Months

2 hrs 15 mins - 2.5 hrs



8 - 24 Months

8-9 Months

2.5 -3.5 hrs

10-11 Months

2 hrs 45 mins - 3.5 hrs

12-15 Months

3-4 hrs

16-18 Months

4.5 - 5 hrs

19-24 Months

5 hrs

How I Can Help

Nap Tutorial (Coming soon)

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.

Nap & Feed Routine Guide - Available Now

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 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?



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Disclaimer

All information in this 10 page document is general information only and this document is to be used a guide only. The information is not to be considered as medical or personalised advice and does not take into consideration your personal or medical circumstances.

Always seek advise from your health Practionier or doctor regarding any matters that may require a diagnosis or medical attention or intervention before following advice from Perth Baby and Toddler Sleep Consulting.

If you have any feeding, weight gain or other developmental concerns seek medical advise from your Health practitioner.



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