

brood



Ideal Awake Windows

0 – 4 weeks

20 – 40 minutes awake

1 – 3 months

1 – 1.5 hours awake

4 – 6 months

1.5 – 2 hours awake

6 – 9 months

2 – 3 hours awake

9 – 12 months

3 – 4 hours awake

