**Window object** : It is the top most object and outermost element of the object hierarchy

**Document object** : Each HTML document that gets loaded into a window becomes a document object. The document contains the contents of the page. Using document object, JavaScript can modify, add and delete the HTML elements, attributes CSS styles in the page

The window object represents a window/tab containing a DOM document where as document object is property of window object that points to the DOM document loaded in that window.

You can access a document object either using window.document property or using document object directly as window is global object. In the below example, title is the property of document object.