

Sleep Schedules

HOW THEY CHANGE OVER TIME

NEWBORNS:

Newborns sleep 16-20 hrs per day and feed often. Use Shush/Pat to get baby back to sleep.

SAMPLE 6-9 WEEK SCHEDULE:

7:00am wake and feed
Lots of light and activity
8:30 - 10:00 nap
10:00am feed
Lots of light and activity
11:30-1:00 nap
1:00pm feed
Lots of light and activity
2:30-3:00 nap
4:00pm feed
Lots of activity
4:30 - 5:00 nap
7:00 feed and bed
Will still need 1 feed in the night with a dream feed between 10-midnight.

SAMPLE 4 MONTH SCHEDULE:

7:00am wake and feed
Lots of light and activity
9:00 - 10:00 nap
11:00am feed
Lots of light and activity
12:00-2:30 nap
3:00pm feed
Lots of light and activity
4:30-5:00 nap
Lots of activity
7:00 feed and bed
Optional 10pm or 11pm dream feed.

SAMPLE 6 MONTH SCHEDULE:

7:00am wake and feed
Lots of light and activity
9:30 - 10:00 nap
11:00am feed (Can introduce solids)
Lots of light and activity
12:30-2:30 nap
3:00pm feed
Lots of light and activity
4:30-5:00 nap
Lots of activity
7:00 feed and bed

SAMPLE 7 MONTH SCHEDULE:

7:00am wake and feed (milk)
Lots of light and activity
9:00 - 9:30 nap
11:00am feed (milk and solids. Give protein here)
Lots of light and activity
12:30-2:30 nap
3:00pm feed (milk)
Lots of light and activity
4:30 possible 15-20 min cat nap if needed. Might not be daily.
5:00 Dinner (solids)
Lots of activity
6:30 Wind down, feed (milk), and bedtime routine
7:00 bed

9-12 MONTHS:

Still need two naps per day. Maybe the late afternoon nap occasionally.
Typically drop to one nap per day by 18-24 months.