



BABY SLEEP SCHEDULE

Week 1

1-week old newborns will sleep for around 15 – 17 hours a day. You will find that your newborn is only able to stay awake for 30 – 45 minutes at the most.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper
7:15 am	Feed
8:00 am	Lullaby/Book and Nap
9:15 am	Feed and Change Diaper
9:45 am	Lullaby/Book and Nap
11:15 am	Feed and Change Diaper
12:00 pm	Lullaby/Book and Nap
1:15 pm	Feed and Change Diaper
2:00 pm	Lullaby/Book and Nap
3:15 pm	Feed and Change Diaper
4:00 pm	Lullaby/Book and Nap
5:15 pm	Feed and Change Diaper
6:00 pm	Lullaby/Book and Nap
7:15 pm	Feed and Change Diaper
8:00 pm	Lullaby/Book and Nap
9:15 pm	Bedtime Routine (dress for bed, feed)
10:00 pm	Bedtime
11:15 pm	Feed and Change Diaper
1:15 am	Feed and Change Diaper
3:15 am	Feed and Change Diaper
5:15 am	Feed and Change Diaper



BABY SLEEP SCHEDULE

Week 2

Week 2 does not differ from week 1. Your newborn will still sleep in short 'chunks' for most of the day.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper
7:15 am	Feed
8:00 am	Lullaby/Book and Nap
9:15 am	Feed and Change Diaper
9:45 am	Lullaby/Book and Nap
11:15 am	Feed and Change Diaper
12:00 pm	Lullaby/Book and Nap
1:15 pm	Feed and Change Diaper
2:00 pm	Lullaby/Book and Nap
3:15 pm	Feed and Change Diaper
4:00 pm	Lullaby/Book and Nap
5:15 pm	Feed and Change Diaper
6:00 pm	Lullaby/Book and Nap
7:15 pm	Feed and Change Diaper
8:00 pm	Lullaby/Book and Nap
9:15 pm	Bedtime Routine (dress for bed, feed)
10:00 pm	Bedtime
11:15 pm	Feed and Change Diaper
1:15 am	Feed and Change Diaper
3:15 am	Feed and Change Diaper
5:15 am	Feed and Change Diaper



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Week 3

By 3 weeks you may find that your newborn is able to stay awake for up to an hour, but they will still need to sleep 15–17 hours a day. Your little one may start to fuss more this is normal. They are now starting to adjust to their new world and becoming more alert.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper
7:15 am	Feed
8:00 am	Lullaby/Book and Nap
9:15 am	Feed and Change Diaper
9:45 am	Lullaby/Book and Nap
11:15 am	Feed and Change Diaper
12:00 pm	Lullaby/Book and Nap
1:15 pm	Feed and Change Diaper
2:00 pm	Lullaby/Book and Nap
3:15 pm	Feed and Change Diaper
4:00 pm	Lullaby/Book and Nap
5:15 pm	Feed and Change Diaper
6:00 pm	Lullaby/Book and Nap
7:15 pm	Feed and Change Diaper
8:00 pm	Lullaby/Book and Nap
9:15 pm	Bedtime Routine (dress for bed, feed)
10:00 pm	Bedtime
1:00 am	Feed and Change Diaper
3:00 am	Feed and Change Diaper
5:00 am	Feed and Change Diaper



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Week 4

At 4-weeks old your newborn may start to sleep 1 to 2 longer stretches at night. If your newborn is still on track with their weight gain, then you should not have to wake them for feeds unless instructed by your doctor and you can start to enjoy periods of longer sleep.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper
7:15 am	Feed
8:00 am	Lullaby/Book and Nap
9:45 am	Feed and Change Diaper
11:00 am	Lullaby/Book and Nap
12:15 pm	Feed and Change Diaper
1:15 pm	Lullaby/Book and Nap
2:45 pm	Feed and Change Diaper
4:45 pm	Lullaby/Book and Nap
5:15 pm	Feed and Change Diaper
6:15 pm	Lullaby/Book and Nap
7:15 pm	Feed and Change Diaper
8:15 pm	Lullaby/Book and Nap
9:15 pm	Bedtime Routine (dress for bed, feed)
10:00 pm	Bedtime
2:00 am	Feed and Change Diaper
5:00 am	Feed and Change Diaper



BABY SLEEP SCHEDULE

Week 5

Although your newborn will still be sleeping around 15 hours a day you will find they are now able to stay awake for about an hour. This does vary by baby with some being able to stay awake for 90 minutes whilst other still sleeping most of the day.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper
7:15 am	Feed
8:15 am	Lullaby/Book and Nap
9:45 am	Feed and Change Diaper
11:15 am	Lullaby/Book and Nap
12:15 pm	Feed and Change Diaper
1:30 pm	Lullaby/Book and Nap
2:45 pm	Feed and Change Diaper
4:15 pm	Lullaby/Book and Nap
5:15 pm	Feed and Change Diaper
6:30 pm	Lullaby/Book and Nap
7:45 pm	Feed and Change Diaper
9:30 pm	Bedtime Routine (dress for bed, feed)
10:00 pm	Bedtime
2:00 am	Feed and Change Diaper
5:00 am	Feed and Change Diaper



BABY SLEEP SCHEDULE

Week 6

Although your newborn will still be sleeping around 15 hours a day you will find they start to move to a 4-5 nap schedule. You will generally find that the 1st nap of the day is the 1st one to become more predictable.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper and Feed
8:30 am	Lullaby/Book and Nap
10:00 am	Feed and Change Diaper
11:30 am	Lullaby/Book and Nap
1:00 pm	Feed and Change Diaper
1:30/2:00 pm	Lullaby/Book and Nap
4:00 pm	Feed and Change Diaper
4:30 pm	Lullaby/Book and Nap
6:30 pm	Lullaby/Book and Nap
7:00 pm	Feed and Change Diaper
8:30 pm	Bedtime Routine (dress for bed, feed)
9:00 pm	Bedtime
1:00 am	Feed and Change Diaper
4:00 am	Feed and Change Diaper



BABY SLEEP SCHEDULE

Week 7

The 7-week sleep schedule is remarkably similar to week 6. If you have not started to move bedtime earlier, you should start to do this. You may find your baby less fussy in the evenings but if they are still fussy don't worry, they will settle down provided they are getting enough sleep. Your baby may now be sleeping for one 5-hour stretch at night.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper and Feed
8:30 am	Lullaby/Book and Nap
10:00 am	Feed and Change Diaper
11:30 am	Lullaby/Book and Nap
1:00 pm	Feed and Change Diaper
1:30/2:00 pm	Lullaby/Book and Nap
4:00 pm	Feed and Change Diaper
4:30 pm	Lullaby/Book and Nap
6:30 pm	Lullaby/Book and Nap
7:00 pm	Feed and Change Diaper
8:30 pm	Bedtime Routine (dress for bed, feed)
9:00 pm	Bedtime
2:00 am	Feed and Change Diaper
5:00 am	Feed and Change Diaper



BABY SLEEP SCHEDULE

Week 8

You are now officially in the last week of the newborn stage. Many babies are now sleeping longer at night and bedtimes become earlier. Typically, now night-time sleep will be about 11 – 12 hours and they will nap 3 – 4 hours during the day.

TIME	ACTIVITY
7:00 am	Wake up and Change Diaper and Feed
8:30 am	Lullaby/Book and Nap
10:00 am	Feed and Change Diaper
11:30 am	Lullaby/Book and Nap
1:00 pm	Feed and Change Diaper
1:30/2:00 pm	Lullaby/Book and Nap
4:00 pm	Feed and Change Diaper
5:00 pm	Lullaby/Book and Nap
7:00 pm	Bedtime Routine (dress for bed, feed)
7:30 pm	Bedtime
10:30 pm	Fill-up Feed
3:30 am	Feed and Change Diaper