



# BABY SLEEP SCHEDULE

## 6-Month-Old

6-month-olds will typically sleep for between 12-16 hours in a 24 hour period. They will have between 2-3 naps and 10-11 hours of night-time sleep.

TIME	ACTIVITY
7:00 am	Awake and Feed
8:45 am	Lullaby/Book and Nap
10:45 am	Awake and Feed
12:30 pm	Lullaby/Book and Nap
2:30 pm	Awake and Feed
4:30 pm	Lullaby/Book and Nap
5:00 pm	Awake and Feed
6:30 pm	Bedtime Routine incl Feed
7:00-7:30 pm	Bedtime

**Note:** Some babies may start to resist the last nap. Increase awake windows if required to ensure your baby is sufficiently tired prior to the 3rd nap.