



BABY SLEEP SCHEDULE

7-Month-Old

7-month-olds will sleep for approximately 14 hours in a 24 hour period. With awake times between 2—3 hours and 2 naps. Night time sleep is usually between 10-11 hours.

TIME	ACTIVITY
7:00 am	Awake
9:30 am	Lullaby/Book and Nap
11:30 am	Awake
2:00 pm	Lullaby/Book and Nap
4:00 pm	Awake
6:30-7:00 pm	Bedtime Routine incl Feed
7:00-7:30 pm	Bedtime

Note: Some 7-month-olds may still be taking a 3rd shorter nap at the end of the day.