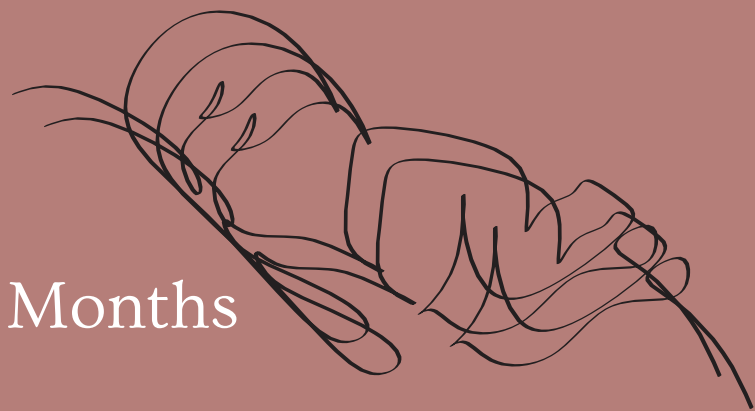


Baby Sleep Guide

Daily Patterns - 3 - 6 Months



TIME	ACTIVITY
6:30 AM	Feed (breast/bottle)
1 & 1/2 - 2 hrs later	Watch for tired signs, wind down
8-8:30am	Sleep (vary from 1.5 - 2 hrs)
10:30 AM	Feed (breast/bottle), Play time
1 & 1/2 - 2 hrs later	Watch for tired signs, wind down
12 midday	Sleep (vary from 1.5 - 2hrs)
1:30 PM	Feed (breast/bottle), Play time
3:00 PM	Sleep (shorter naps, wake by 5 at the latest)
4:00 PM	Feed if wanted, Play time
5:00 PM	Bath
6:00 PM	Wind down, cuddles, books
6:30 PM	Feed (breast/bottle - can split feed.
7pm	Bed time
Overnight	2-3 feeds if required

Awake time = 1.5-2 hours | Total Sleep Across 24 Hours = 14-16 hours



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