

Baby Sleep Guide

Daily Patterns - 6 - 8 Months

TIME	ACTIVITY
6:30 AM	Feed (breast/bottle)
7:00 AM	Breakfast, Play time
1 & 3/4 hrs later	Watch for tired signs, quiet time
8:30 AM	Sleep (varies, around 2 hours)
10:30 AM	Feed (breast/bottle/cup)
11 AM	Lunch
	Play time
1 & 3/4hrs later	Watch for tired signs, quiet time
12:30 PM	Sleep (varies 1-2 hours)
2:30 PM	Feed (breast/bottle/cup)
4:30 PM	Sleep (short cat nap)
5:00 PM	Dinner
5:45 PM	Bath
6:00 PM	Cuddles, books, quiet time
6:15 PM	Feed (breast/bottle/cup)
6:30 PM	Bed time
10-11pm	Dream feed (optional)
Overnight	1-2 Feeds possibly

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



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