

Baby Sleep Guide

Daily Patterns - 8-10 Months

TIME	ACTIVITY
6:30 AM	Feed (breast/bottle/cup) or straight to Breakfast
7:00 AM	Breakfast
	Play Time
2 & 1/2 hours later	Watch for tired signs, quiet time
9:30 AM	Sleep (varies)
11:30 AM	Lunch
12 noon	Feed (breast/bottle/cup)
	Play time
2 & 3/4 hours later	Watch for tired signs, quiet time
2:30 PM	Sleep (varies)
3:30pm-4pm	Feed (breast/bottle/cup)
	Offer snack, water
	Play time
5:00 PM	Dinner
5:45 PM	Bath time
6:00 PM	Cuddles, books
6:30 PM	Feed (breast/bottle/cup)
7:00 PM	Bed time
10-11pm	Dream feed (if required)

Awake time = 2.5 - 3 hours | Total Sleep Across 24 Hours = 12 - 16 hours

