

SLEEP AT LAST

Daily Sleep Guide

0-2 MONTHS

Recommended Awake Window: 45 - 60 minutes

Total Naps: It will vary, focus on time between naps

Total Sleep Needs: 15 - 18 hours per day

7:00 am - Wake up, change, feed in a well-lit room, playtime

7:45 am - Nap #1

9:00 am - Wake from nap #1, change, feed, play, and cuddle

9:45 am - Nap #2

11:00 am - Wake up from nap #2, change, feed, play

11:45 am - Nap #3

1:30 pm - Wake from nap #3, change, feed, and take a walk

2:15 pm - Nap #4

4:00 pm - Wake up, change, feed, cuddle & tummy time

4:45 pm - Nap #5

5:30 pm - Wake, change, feed, and family playtime

6:15 pm - Nap #6

7:00 pm - Wake from a nap, change, feed, and snuggle

7:30 pm - Kick-off bedtime routine, full feeding before bed

(always lay baby down on their back in a calm, dark & safe sleep space)

10:00 pm - *Optional dream feed through 8 weeks, then recommended you wean from that as their body clocks starts*

Visit SleepatLast.net to learn more
& schedule your free sleep evaluation!