

SLEEP AT LAST

Daily Sleep Guide

5-6 MONTHS

Recommended Awake Window: 2.5 – 3 hours

Total Naps: 3 naps / day

Total Sleep Needs: 12-16 Hours in a 24 hour period

Sample Nap Schedule

7:00 am – Wake up, eat and playtime

8:00 am – Breakfast. Some may choose to introduce solids around 6 months (if instructed by pediatrician)

9:30 am – Nap #1 in the crib

11:00 am – Wake up, feed, tummy time and free play

12:00 pm – Lunch – if you are starting solids

1:40 pm – Nap #2

2:30 pm – Wake up, feed, go to the park, playtime

5:00 pm – Nap #3 (this may just be a little cat nap)

5:30 pm – Wake up, feed and family play time

6:30 pm – Start bedtime routine & full feed before bed

7:30 pm – Bedtime

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