

SLEEP AT LAST

Daily Sleep Guide

7 to 12 MONTHS

Recommended Awake Window: 3 – 3.5 hours

Total Naps: 2-3 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 with solids

10:00 am – Nap #1

11:30 am – Wake up, feed, play date with friends

12:30 pm – Lunch with solids

2:30 pm – Nap #2

4:00 pm – Wake up, feed, baby music class

5:00 pm – Dinner with solids

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

7:00 pm – Bedtime

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