

WAKE-UP & BEDTIME

7AM & 7PM

HOW MUCH SLEEP?

TOTAL sleep	➤	17 - 18 hours
NIGHT sleep	➤	12 hours
DAY sleep	➤	5 - 6 hours

NAP GUIDELINES

Time baby can happily stay awake (inc. time feeding)	➤	45 - 90 mins
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FEEDING GUIDELINES

TOTAL feeds	➤	7 - 9
NIGHT feeds	➤	2 - 3
DAY feeds	➤	5 - 6
Frequency of day feeds	➤	Every 2 - 3 hours