

WAKE-UP & BEDTIME

7AM & 7PM

HOW MUCH SLEEP?

TOTAL sleep	➤	16.5 - 17 hours
NIGHT sleep	➤	12 hours
DAY sleep	➤	4.5 - 5 hours

NAP GUIDELINES

No. of naps	➤	3 - 4
Maximum awake time	➤	60 mins - 1hr 45 mins

FEEDING GUIDELINES

TOTAL feeds	➤	6 - 9
NIGHT feeds	➤	2 - 3
DAY feeds	➤	4 - 6
Frequency of day feeds	➤	Every 2 - 3 hours