

# 2 MONTH SLEEP SCHEDULE

7 AM

Wake-up, change diaper & feed 1

7:45

Active/play

8:45

Check diaper & wind-down in sleep environment

9 - 10 AM

Morning nap

10:30

Wake-up, change diaper & feed 2

11 AM

Active/play

11:30

Check diaper, top-up feed in sleep environment

12 - 2:30 PM

Long lunchtime nap

2:30

Wake-up, change diaper & feed 3

3:15

Active/play

3:45

Check diaper & wind-down in sleep environment

4 - 5 PM

Late afternoon nap

5 PM

Wake-up, change diaper & first half feed 4

5:30

Bath & quiet time

6 PM

Second half feed 4 in sleep environment

6:30/45

Bedtime

10 PM

Wake-up, change diaper & first half Dream feed

10:20

Active/play

10:30

Second half Dream feed in sleep environment

10:45

Bedtime