

2 month baby sleep schedule









sleep guide

Day sleep: 4.5 hours

Night sleep: 12 hours

TOTAL SLEEP: 16.5 hours

Wake windows: 1.5 to 2 hours

TIME	DETAILS	CHANGES TO SCHEDULE FROM 2 MONTHS TO 3 MONTHS
 7 am	Feed 1	
 8.45 am 9 - 10 am	Wind-down Max 1 hour nap	Reduce to 45 mins
 10.30 am + 11.30 am	Feed 2 with later top-up in wind-down mode	Push to 11 am and drop top-up
 12 - 2.30pm	Max 2 1/2 hours nap	Reduce to 2 ¼ hours & wake at 2.15 pm
 2.30 pm	Feed 3	
 3.45pm 4-5 pm	Wind-down Max 1 hour nap	Reduce to ½ hour, so nap only starts at 4.30 pm
 5 pm + 6 pm	Split feed with bath in middle - 2 nd half in wind- down mode	Push 2 nd half to 6.15 pm
 6.30 - 9.45 pm	Night sleep	Push bedtime to 6.45 pm
 10 pm + 10.30 pm	Dream Feed as split feed with playtime in middle	
 11 pm to 7 am	Night sleep	

notes

- **At end of naps & night sleeps**, 10 mins before wake-up encourage baby to wake naturally: open curtains, turn on lights, unswaddle
- **For wind-down**: check diaper, swaddle & take to sleep environment
- **Feeding “in wind-down mode”** - check diaper, swaddle, then feed in magical sleep environment and settle
- **Top-up feed** (before nap 2): offer extra milk to stretch to next feed
- **Night feeds**: minimise stimulation but ensure baby takes decent feed
- *Don't make changes until baby is comfortable with 2 month schedule

2 MONTH OLD SLEEP SCHEDULE

Day sleep: 3 hours
Night sleep: 12 hours

BUSYBLOOMINGJOY.COM




7 AM

Wake up & first feed



9 - 10 AM

Start wind-down 9.45 am
1 hour nap, awake by 10 am



10.30 AM

Feed 2 + top-up feed at
11.30am in wind-down



12 - 2 PM

2.5 hr nap, awake by 2.30 pm



2.30 PM

Feed 3



4 - 5 PM

Start wind-down 9.45 am
1 hour nap, awake by 5 pm



5 & 6 PM

Split feed with bath in middle -
2nd half in wind-down mode



6.30/45 PM

Bedtime



10 PM

Dream Feed as split feed with
playtime in middle



10.45 PM

Night sleep