

# SLEEP AT 8 WEEKS



## WAKE-UP & BEDTIME



7AM & 7PM

## HOW MUCH SLEEP?



TOTAL sleep	➤	16 - 17 hours
NIGHT sleep	➤	12 hours
DAY sleep	➤	4.5 - 5 hours

## NAP GUIDELINES



Time baby can happily stay awake (inc. time feeding)	➤	1.5 to 2 hours
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## FEEDING GUIDELINES



TOTAL FEEDS	➤	7 - 8
NIGHT FEEDS	➤	Dream feed + 2-3
DAY FEEDS	➤	5
FREQUENCY OF DAY FEEDS	➤	EVERY 3 HOURS