

# SLEEP AT 12 WEEKS



## WAKE-UP & BEDTIME

7 AM & 6:45 PM

## HOW MUCH SLEEP?

TOTAL sleep	➤	15 - 15.5 hours
NIGHT sleep	➤	12 hours
DAY sleep	➤	3 - 3.5 hours

## NAP GUIDELINES

Time baby can happily stay awake (inc. time feeding)	➤	1 hr 45 mins to 2 hours
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## FEEDING GUIDELINES

TOTAL FEEDS	➤	6 - 7
NIGHT FEEDS	➤	Dream feed + 1-2
DAY FEEDS	➤	5
FREQUENCY OF DAY FEEDS	➤	EVERY 3 HOURS