



Your Baby & Toddler’s Ideal Bedtime

The bedtimes below are based on your child’s innate body clock or ‘circadian rhythm’ which is influenced by hormones, light exposure & environmental cues. Research shows that a consistent & age-appropriate bedtime leads to longer sleep, less aggression & better attention in children.



Age	Bedtime	Notes
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Bedtime is late for the newborn and gets earlier over the first year of life.

Newborn	Late! 11pm or so.	Baby doesn’t know day vs night yet. Eats & sleeps frequently with short awake periods (60-90 mins.)
2 - 3 months	8 - 10 pm	Feed often in the evening (cluster feed) to promote longer night sleep
4 - 6 months	7 - 8:30 pm	Baby settles into an earlier bedtime.
7 - 8 months	6:30 - 8:30 pm	When baby drops 3rd catnap, make bedtime earlier.
9 - 15 months	6:30 - 8 pm	Moving bedtime earlier fixes many sleep problems
16 months - 3 years	6:30 - 8 pm	When baby transitions to one daily nap, make bedtime earlier



These bedtimes assume morning wake time is 6 - 8 am
Early risers aim for an early bedtime & late risers a later bedtime.



How to transition your baby to the ideal bedtime:

- ♥ Easy does it!
- ♥ Move bedtime forward by 15 mins every other day.
- ♥ Watch those naps! Wake baby if nap is running too close to bedtime.
- ♥ Get outside! Fresh air and natural light help your baby burn off steam & settle into an earlier bedtime.

Tips for working parents:



Keeping baby up to “play ” when you get home from work can lead to fussiness, tears & a stressful bedtime.
Instead, let your quality time be the Peaceful Nightly Ritual.
What could be sweeter than bathing, massaging & reading together?

If you can’t make it home before bedtime, enjoy quality time in the morning when baby is fresh, bubbly and happy!

YOU get to bed on time so you enjoy mornings with your baby, rather than yawning though them.

