



2 MONTH OLD BABY SLEEP GUIDE

**The right
bedtime:**

8-10 pm

**Total sleep
in 24 hours:**

14-18 hours

Night Feeds:

2-3

Night Sleep:

8-10 hours

Naps

- After 1-2 hours awake time
- 3-5 naps daily
- Nap lengths can vary



TIPS:

- Baby's growth & weight gain will determine # of night feeds needed.
- Now is a great age to start a bedtime routine.
- Baby should start sleeping more at night & less during the day.

Baby Sleep Made Simple 