



6 MONTH OLD BABY SLEEP GUIDE

The right bedtime

6:30 - 8pm

Total sleep in 24 hours:

14-16 hours

Night Feeds:

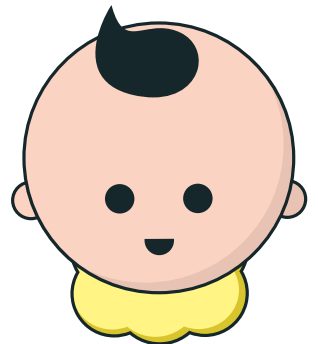
1-2

Night Sleep:

11-12 hours

Naps

- After 2-3 hours awake time
- 2-4 naps daily
- Baby should nap a total of 2-3 hrs everyday, lengths vary



TIPS:

- Baby's growth & weight gain will determine # of night feeds needed.
- Watch out for 6 month sleep regression!
- This is a great age to get your baby on a consistent daily schedule.