



# 7-8 MONTH OLD BABY SLEEP GUIDE

**The right  
bedtime**  
6:30 - 8pm

**Total sleep  
in 24 hours:**  
13-15 hours

**Night Feeds:**  
0-1

**Night Sleep:**  
11-12 hours

## Naps

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



## TIPS:

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- Try to keep baby's bedtime within a 20 minute range every night.
  - Start bedtime & pre-nap calming routines.
  - Expect a rough patch around the 8 month sleep regression.