



9-10 MONTH OLD BABY SLEEP GUIDE

The right bedtime

6:30 - 8pm

Total sleep in 24 hours:

13-15 hours

Night Feeds:

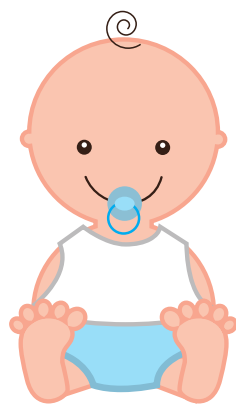
None!

Night Sleep:

11-12 hours

Naps

- After 2.5-3.5 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.
 - Most babies drop the third nap by 9 months.
 - Expect a rough patch around the 8/9/10 month sleep regression.