



11 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 naps daily.
- Baby should nap a total of 2-3 hours everyday.



TIPS:

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- Keep baby's bedtime within a 20 minute range every night.
 - Your baby CAN sleep through the night at this age!
 - Expect a rough patch around the 11 month nap regression.

Baby Sleep Made Simple 