

5 MONTH OLD BABY SLEEP GUIDE

**The right
bedtime**
7-8:30 pm

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

Night Wakings:
1-3

Night Sleep:
10-12 hours

Naps

- After 1.5-2.5 hours awake time.
- 3-4 naps daily, lengths vary.
- Naps will get longer when baby falls asleep independently.



TIPS:

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- Most 5 month olds not yet ready for by-the-clock nap schedule.
 - Start bedtime & pre-nap calming routines.
 - Expect a rough patch around the 6 month sleep regression.