



# BABY SLEEP SCHEDULE

## 5-Month-Old

5-month-olds will typically sleep for between 12-16 hours in a 24 hour period. They will have between 2-3 naps and 10-11 hours of night-time sleep.

TIME	ACTIVITY
7:00 am	Awake and Feed
8:45 am	Lullaby/Book and Nap
10:45 am	Awake and Feed
12:30 pm	Lullaby/Book and Nap
2:30 pm	Awake and Feed
4:30 pm	Lullaby/Book and Nap
5:00 pm	Awake and Feed
6:30 pm	Bedtime Routine incl Feed
7:00-7:30 pm	Bedtime

**Note:** the last nap of the day is often a short 30 minute catnap. You will find as your baby nears 6 months old and their awake windows increase, they may start to resist this last nap.