



# BABY SLEEP SCHEDULE

## 8-Month-Old

8-month-olds will sleep for approximately 12—16 hours in a 24 hour period. With awake times between 2.5—3.5 hours and 2 naps. Night time sleep is usually between 10-11 hours.

TIME	ACTIVITY
7:00 am	Awake
9:30 am	Lullaby/Book and Nap
11:30 am	Awake
2:00 pm	Lullaby/Book and Nap
3:30 pm	Awake
7:00 pm	Bedtime Routine incl Feed
7:30 pm	Bedtime

**Note:** Some 8-month-olds may still be taking a 3rd shorter nap at the end of the day.