



BABY SLEEP SCHEDULE

10-12-Months-Old

10-12-month-olds will sleep for approximately 12—16 hours in a 24 hour period. With 2 naps and awake times increasing to 3—4 hours. Night time sleep is usually between 10-12 hours.

TIME	ACTIVITY
7:00 am	Wake—Feed and Breakfast
9.15 am	Snack
9:30—10 am	Lullaby/Book and Nap
11—11.30 am	Awake—snack
12.30 pm	Feed and Lunch
2:00—2:30 pm	Lullaby/Book and Nap
3:30—4.00 pm	Awake—snack
5.30 pm	Feed and Dinner
7:00 pm	Bedtime Routine incl Feed
7:30 pm	Bedtime

Note: Some 10—12-month-olds may take one long daytime nap of around 3 hours. Not all babies will take a morning and afternoon snack in addition to their 3 meals.