



GUIDING NIGHT

Sleep Consultant

6-8 Month Old Babies

*Based on 2 hour Wake Windows and 3 Daytime Naps

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|--------|---------------------------------|
| 7am | Wake up and milk feed |
| 8am | Breakfast (solid meal) |
| 9am | Morning Nap |
| 11am | Wake up and milk feed |
| 12pm | Lunch (solid meal) |
| 1pm | Afternoon Nap |
| 2.45pm | Wake up and milk feed |
| 4.45pm | Power Nap |
| 5.30pm | Wake up and dinner (solid meal) |
| 6.15pm | Pre-Bath Milk Feed |
| 6.30pm | Bedtime routine starts |
| 7pm | Sleep time |