



# GUIDING NIGHT

Sleep Consultant

## 11-14/15 Month Old Babies

\*Based on ~3.5 hour Wake Windows and 2 Daytime Naps

7am	Wake up and milk feed
8am	Breakfast (solid meal)
9.45am	Morning Nap
10.30am	Wake up
12pm	Lunch (solid meal)
2pm	Afternoon Nap
3.30pm	Wake up
5pm	Dinner
6.30pm	Bedtime routine starts
7pm	Sleep time