

¹ Sleeping Schedules

For newborns, use the Expected Delivery Date of your baby. If your baby is 3 weeks premature, then at 7 weeks old they are considered 1 month old for the purpose of sleeping schedules.

The following information is a guideline only. Babies will vary and you should always use your best judgement when determining the appropriate schedule for your baby.

Newborn to 6 weeks

- Sleep is unorganized
- There is nothing a parent can do to manipulate sleep
- Focus on establishing a good feeding schedule

6-8 Weeks

- Many babies start to sleep longer stretches at night (3,4,5 hours)
- Afternoon fussiness starts to begin
- Social smiling begins – a sign that the brain is maturing and sleep is becoming organized

2 Months to 3 Months

- Baby begins to be more alert
- Be aware of sleep cues: yawning, fussy, tugging ears, moving head, zoning
- Wakeful periods of about 45-90 minutes
- Let baby determine length of nap
- 4- 6 naps in the day
- 2 feedings at night

3 Months to 4 Months

- Start to establish good day sleep patterns
- Awake time is between 60-120 minutes
- 3-5 naps a day, becoming organized around the clock
- Bedtime between 6pm – 8pm
- 2 feedings at night

4 Months to 5 Months

- Now is a good time to focus on sleep training
- Short naps should be pushed to 1 hour, try to leave the baby in the crib for a full hour even if they are awake. They may go back to sleep.
- 1 feeding at night
- Bedtime should be no more than 3-4 hours after the last nap
- If previously bed sharing or using a bassinet, now is a good time to start using a crib for night sleeping.
- Use a consistent place for sleeping, darken room and no movement, no props
- Put baby down awake when possible, promoting self soothing skills

6 Months to 8 Months

- Some babies will begin to nap longer and might only need two naps
- 3rd naps, if they exist, might be very short. Try not to let them start past 4pm.
- Bedtime should be about 3.5-4 hours after the end of the afternoon nap, 5-7pm bedtime
- 0 night feedings
- Consistent naps and soothing routines work best to help promote a good night time sleep

8 Months to 12 Months

- 2 naps
- Afternoon nap becomes the long nap
- Don't be afraid to put your child down for an early bedtime if they are fussy
- 0 feedings at night

13 Months to 18 Months

- Transitioning to 1 nap might be beginning
- Naptime around 11-12:00pm
- Bedtime no later than 4 hours after last nap

27 Months to 3 Years

- Children will begin to transition to no nap, this may take several months
- Bedtime could be anywhere between 5:30 and 8pm depending on if they napped or not
- Night wakings may reoccur until they fully adjust to the transition of no napping.

Key Points

- Consistency will help your child fall asleep easier
- Transitional times vary for each child
- Over-tired children will wake more often at night
- It isn't the length of time that is important, it is the quality
- Motionless sleep creates quality sleep
- Sleep begets sleep

Are you exhausted? Then it is likely your baby is too. If you are experiencing difficulties with your little one's sleep, contact Erin Meckfessel, pediatric Sleep Consultant, for a solution. Erin works all over the world (in-home and over the phone/face time consultation)

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