



# GUIDING NIGHT

Sleep Consultant

## 4-5 Month Old Babies

\*Based on 1.5-hour Wake Windows and 3 Daytime Naps. Understandably not all of those naps will be as long as 1.5-2 hours each so more naps/slightly longer wake windows will occur.

7am	Wake up and milk feed
8.30am	Nap 1: 1.5-2 hours
11am	Milk feed
12.30pm	Nap 2: 1.5-2 hours
2.30pm	Milk feed
4pm	Nap 3: 1.5 hours
5.30pm	Wake up
6.15pm	Pre-Bath milk feed
6.30pm	Bedtime routine starts
7pm	Sleep time