



The Daddy Sleep  
Consultant

## **Recommended Routine Schedule: 5 months old (3-4 naps)**

**7am:** Wake up (if baby isn't already awake, I would recommend waking them at this time to help build the routine)

**7:05am:** Milk feed

**8.30am:** Morning Nap (~1.5-2.5h)

**10:30/11am:** Milk feed

**12 /12.30pm:** Afternoon Nap (~1.5-2.5h)

**2.30/3pm:** Milk feed

**4/4.30:** Evening Nap

**5.30pm:** Wake-up if have slept 1h or more; keep asleep until 6pm if nap is shorter

**6.10pm:** Milk feed part I

**6.25pm:** Bath

**6.45pm:** Milk feed part II

**6.55pm:** Bedtime story

**7pm:** Put in cot

### **NOTES:**

- For babies at this age, their “wake window” should be no more than about 1.5 hours after good sleep. This will be closer to 1 hour after a cat nap (less than 1h).
- I find at this age, it's less about exact timings and more about making sure they don't stay up too long so that they become overtired and grouchy.
- So try to always aim for their next sleep between 1 and 1.5h after the wake up



## **Recommended Routine Schedule: 6 to 11 months old (3 naps)**

**7am:** Wake up (if baby isn't already awake, I would recommend waking them at this time to help build the routine)

**7:05am:** Milk feed

**8am:** Breakfast (if weaning/weaned)

**9am:** Morning Nap (~1.5-2h)

**10:30/11am:** Milk feed

**11.30/12pm:** Lunch (if weaning/weaned)

**12.30/1pm:** Afternoon Nap (~1.5-2h)

**2.30/3pm:** Milk feed

**4.45pm:** 45min power nap

**5.30pm:** Dinner (if weaning/weaned)

**6.10pm:** Milk feed part I

**6.25pm:** Bath

**6.45pm:** Milk feed part II

**6.55pm:** Bedtime story

**7pm:** Put in cot

### **NOTES:**

- For babies that are still requiring 3 naps per day, their “wake window” should only be about 2 hours before they are tired and need to nap again.
- The third power nap is key to a successful bedtime. If you miss it, bring bedtime forward by up to 1 hour to try and avoid overtiredness.
- It's important to adjust the timings throughout the day based on their awake window when naps don't last as long as expected.
- This is based on a 7am to 7pm bedtime routine and it can be flexed by an hour each way to accommodate your family's individual circumstances.



## **Recommended Routine Schedule: 8 to 11 months old (2 naps)**

**7am:** Wake up (if baby isn't already awake, I would recommend waking them at this time to help build the routine)

**7:05am:** Milk feed

**8am:** Breakfast (if weaning/weaned)

**9:30am:** Morning Nap (~1.5-2h)

**11/11.30am:** Milk feed and/or snack

**12/12:30pm:** Lunch (if weaning/weaned)

**1.30/2pm:** Afternoon Nap (~1.5-2h)

**3.30/4pm:** Milk feed and/or snack

**5pm:** Dinner (if weaning/weaned)

**6.10pm:** Milk feed part I

**6.25pm:** Bath

**6.45pm:** Milk feed part II

**6.55pm:** Bedtime story

**7pm:** Put in cot

### **NOTES:**

- For babies that are require 2 naps per day, their “wake window” should have extended to about 2.5 hours before they are tired and need to nap again.
- It's important to adjust the timings throughout the day based on their awake window when naps don't last as long as expected.
- If your baby is looking at a period of longer than their awake window between their final nap ending and scheduled bedtime, bring their bedtime forward by up to 1 hour to try and avoid overtiredness.
- This is based on a 7am to 7pm bedtime routine and it can be flexed by an hour each way to accommodate your family's individual circumstances.