



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.