



# BABY SLEEP ROUTINE CHART

Age	Total Sleep	Suggested Bedtime	Awake Time
<b>Newborn</b> 14–17 hrs	14–17 hrs	7–9 PM	45 min –1 hr
<b>3–6 months</b> 12–15 hrs	12–15 hrs	7–8 PM	1.5–2.5 hrs
<b>6–9 months</b> 7–8 PM	12–14 hrs	7–8 PM	2.5–3 hrs
<b>9–12 months</b> 12–14 hrs	12–14h	7 PM	3–4 hrs