

Shereen Nielsen

INFANT AND CHILD SLEEP CONSULTANT

P: +61419820474

E: hello@shereennielsen.com

W: www.shereennielsen.com

F: www.facebook.com/shereennielsen.sleepconsultant

I: www.instagram.com/shereennielsen_sleepconsultant

Awake Times

Birth - 3 weeks

Awake time: 45 minutes | Naps: 6-9 hours | Night Sleep: 9-12 hours | Total: 16-18 hours

3-6 weeks

Awake time: 1 hour | Naps: 6-7 hours | Night Sleep: 9-12 hours | Total: 16-17 hours

6-9 weeks

Awake time: 1 hour & 15 minutes | Naps: 5-6 hours | Night Sleep: 9-12 hours | Total: 15-16.5 hours

9-12 weeks

Awake time: 1 hour & 30 minutes | Naps: 4.5-5 hours | Night Sleep: 9-12 hours | Total: 14.5-16

12-16 weeks

Awake time: 1 hour & 45 minutes | Naps: 4-4.5 hours | Night Sleep: 9-12 hours | Total: 14-16 hours

4 Months - 3.5-4 hours total day sleep

7am awake
8:45am wind down
9am nap
10am awake
11:45am wind down
12noon **nap**
2/2:30pm awake
4/4:30pm nap
5pm awake
6.30pm wind down
7pm bed

5 Months - 3-3.5 hours total day sleep

7am awake
9am wind down
9.15am nap
10am awake
12noon wind down
12.15pm nap
2.15pm awake
4:30pm nap
5pm awake
6.30pm wind down
7pm bed

6/7 Months - 2.5-3.5 hours total day sleep

7am awake
9.15am wind down
9.30am nap
10am awake
11.30am lunch - milk should still be priority
12.30/1pm nap
2.30/3pm awake
4:30pm nap - cap to 20 minutes
5pm awake
5.30pm dinner - milk should still be priority
6.30/7pm bed

8-14/18 Months - 2.5-3 hours total day sleep

7am awake
7.30am breakfast
9.30am nap
10am awake
11:30am lunch
12.30/1 nap
2:30/3pm awake
5pm dinner
6/6.30pm wind down
6.30/7pm bed

14/18 Months - 2.5-3 Years - 0-2.5 hours total day sleep

7am awake
10am morning tea
11.30am lunch
12.30/1pm nap
2.30/3pm awake
5.30pm dinner
7pm bed

3-5 Years

7am awake
10am morning tea
12.30pm lunch
2.30/3pm afternoon tea
6pm dinner
7-8pm bed