



Sleeping Bao  zzz

SLEEP TRAINING CHEAT SHEETS



HUNGER VS. COMFORT

It is often tricky for parents to figure out whether their baby is hungry or not in the middle of the night. The chart below will help you look for signs as to whether the baby is looking to feed due to hunger or for comfort. This is not an exact science by any means, and every baby is different, but the cues below are accurate for the majority of babies.

Hunger vs. Comfort

Baby falls back asleep after a feeding on his/ her own, after being laid down awake

Baby continues to cry after a feeding, and/or requires additional comforting to fall back asleep

Baby eats a full feed amount and remains awake during the feeding

Baby only suckles and drinks a small amount and falls back asleep. When you lay him/ her down baby may cry or wants to suckle/ drink some more

Baby wants to feed after a very long stretch of sleep. Many parents characterize it as “the longest stretch of sleep”

Baby wants to feed frequently (every couple of hours)

Baby only requires 1 feeding during the night and it's usually not until the early hours of the morning

Requires many feedings, and has to be laid back down asleep

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HOW MUCH SLEEP?

Wake Windows are crucial to improving your baby's sleep. A "Wake Window" is the time between sleep times. If your baby is awake for too long, overtiredness often leads to the baby "fighting" sleep. Conversely, if the baby is under-tired, the baby would not be willing to sleep either. A poor nap schedule therefore can result in poor day time sleep and night wakings and have a negative effect on sleep in general.

Once general sleep improves, you'll find that a consistent schedule is more important than following wake times, and this is particularly true for older babies (over 6 months). A consistent schedule helps set the baby's internal clock, thereby making falling asleep and staying asleep much easier. Adjustments of 30mins +/- may be necessary at times, but in general the following guidelines hold true for 90% of babies.

Age (Months)	Wake Time Length (Hrs)	Naps	Max Day Sleep (Hrs)	Total Sleep in 24 hrs (Hrs)
1	Up to 1	4+	5 – 6	14 – 17
2	1.25	4+	5	14 – 17
3	1.5	4	4	14 – 17
4	2	3 – 4	4	12 – 15
5	2.25	3	3.5 – 4	12 – 15
6	2.5	2 – 3	3 – 3.5	12 – 15
7	2.75	2 – 3	3 – 3.5	12 – 15
8	3	2 – 3	3	12 – 15
9	3 – 3.5	2	3	12 – 15
10	3.5 – 4	2	2.5 - 3	12 – 15
11	4 – 5	1 – 2	2.5 – 3	12 – 15
12 – 18	4.5 – 6	1	2 - 3	11 – 14
18 – 24	5 – 7	1	1 – 3	11 – 14

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NAP SCHEDULE BY AGE

Newborn babies' sleep can be so varied in the early days that no two babies are alike. In the "Fourth Trimester", following the baby's tired cues and wake windows is more achievable than a rigid schedule. However, I generally recommend having "bookends" to the day – by that I mean a desired wake-up time, say 7am, and a bedtime of 7pm – so that there is still some predictability to the day. Otherwise, a 1.5 hourly wake window "schedule" with varying nap lengths may result in a bedtime of 7pm on Monday vs. 9pm bedtime on Friday.

From 3 months of age, babies generally emerge from day/ night confusion and starts developing circadian rhythm (body's natural body clock). This is a great time to start adhering to a day time nap schedule as babies thrive on routine. Providing consistency helps them understand what to expect day in and day out and helps the baby to feel secure. This is fundamental to creating a safe environment for them to learn and grow.

Please note that the following schedules are just guidelines – adjustments may be necessary to tailor it to your child, particularly if your child goes to daycare or pre-school.

Age (Months)	Wake-Up Time (AM)	Nap 1 (AM)	Nap 2 (PM)	Nap 3 (PM)	Bedtime (PM)	Max Daytime Sleep (Hrs)
3 - 4	7:00	9:00 – 9:45/10:00	12:00 – 14:00/14:15	16:00 – 16:30/16:45	19:00	4
4 - 6	7:00	9:00/9:30 – 9:45/10:00	12:00/12:15 – 14:00/14:15	16:00/16:15 – 16:30/16:45	19:00	3 – 4
6 – 9	7:00	9:30/10:00 – 10:30/10:45	12:30/13:00 – 14:30/15:00	16:30 – 16:45	19:00	3 – 3.5
9 - 12	7:00	10:00/10:15 – 10:30	13:30 – 15:30		19:00	2.5 – 3
12 - 18	7:00		12:30 – 14:30/ 15:00		19:00	2 – 3
18 – 24	7:00		1:30 – 2:30/ 3:30		19:00	1 – 3
24 – 36	7:00		1:30 – 2:30/ 3:00		19:00	1 – 1.5

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