

1 MONTH OLD SLEEP SCHEDULE

Time	Activity
7:00 AM	Wake up and feeding
8:00 AM - 9:30 AM	Nap
9:30 AM	Wake up and feeding
10:30 AM - 12:00 PM	Nap
12:00 PM	Wake up and feeding
1:00 PM - 2:30 PM	Nap
2:30 PM	Wake up and feeding
3:30 PM - 5:00 PM	Nap
5:00 PM	Wake up and feeding
6:00 PM - 7:30 PM	Nap
7:30 PM	Wake up and feeding
8:30 PM	Bedtime routine (bath, massage, lullabies)
9:00 PM	Asleep
2:00 AM	Nighttime feeding
5:00 AM	Nighttime feeding
7:00 AM	Wake up for the day