

# 5 Month Routine

**6:00-7:00**

Wake Up

**1.75-2  
Hours**

Begin Nap 1

**2-2.5 hours**

After wake-up from Nap  
1 – Begin Nap 2

**2-2.5 hours**

After wake-up from Nap  
2 – Begin Nap 3

**2-2.5 hours**

After wake-up from Nap  
3 – Begin Nap 4

**6:00-7:00**

Bedtime

Daytime sleep: 3-4 hours

Nighttime sleep: 11-12 hours

1 night time feeds