

# Baby Sleep Guidelines

12 weeks old

7:00 am	wake & feed
9:00 am	nap
9:45 am	wake & play
10:45 am	feed
12:00 pm	nap
2:30 pm	wake & feed
4:15 pm	nap
5:00 pm	wake & feed
6:15 pm	top-up feed before bedtime
7:00 pm	*night time!
10:15 pm	wake, feed & back to sleep



## Need More Help?

1. [Join The Ultimate Baby Sleep Group](#)
2. [Free Sleep Guide: "Don't Cry it Out"](#)
3. [Serious about getting sleep help?](#)

[www.batyathebabycoach.com](http://www.batyathebabycoach.com)

