



ULTIMATE BABY SLEEP GUIDE

FROM NEWBORN TO 12 MONTHS

*Baby sleep handbook for building intentional daily routine
that includes baby sleep schedules and healthy habits*



BABY SLEEP GUIDE

This guide provides complete information about baby sleep from birth to the first birthday.

It contains answers to common questions, detailed sleep schedules, practical examples of daily routines, and useful tips to make parenting easier.

Annie Baby Monitor





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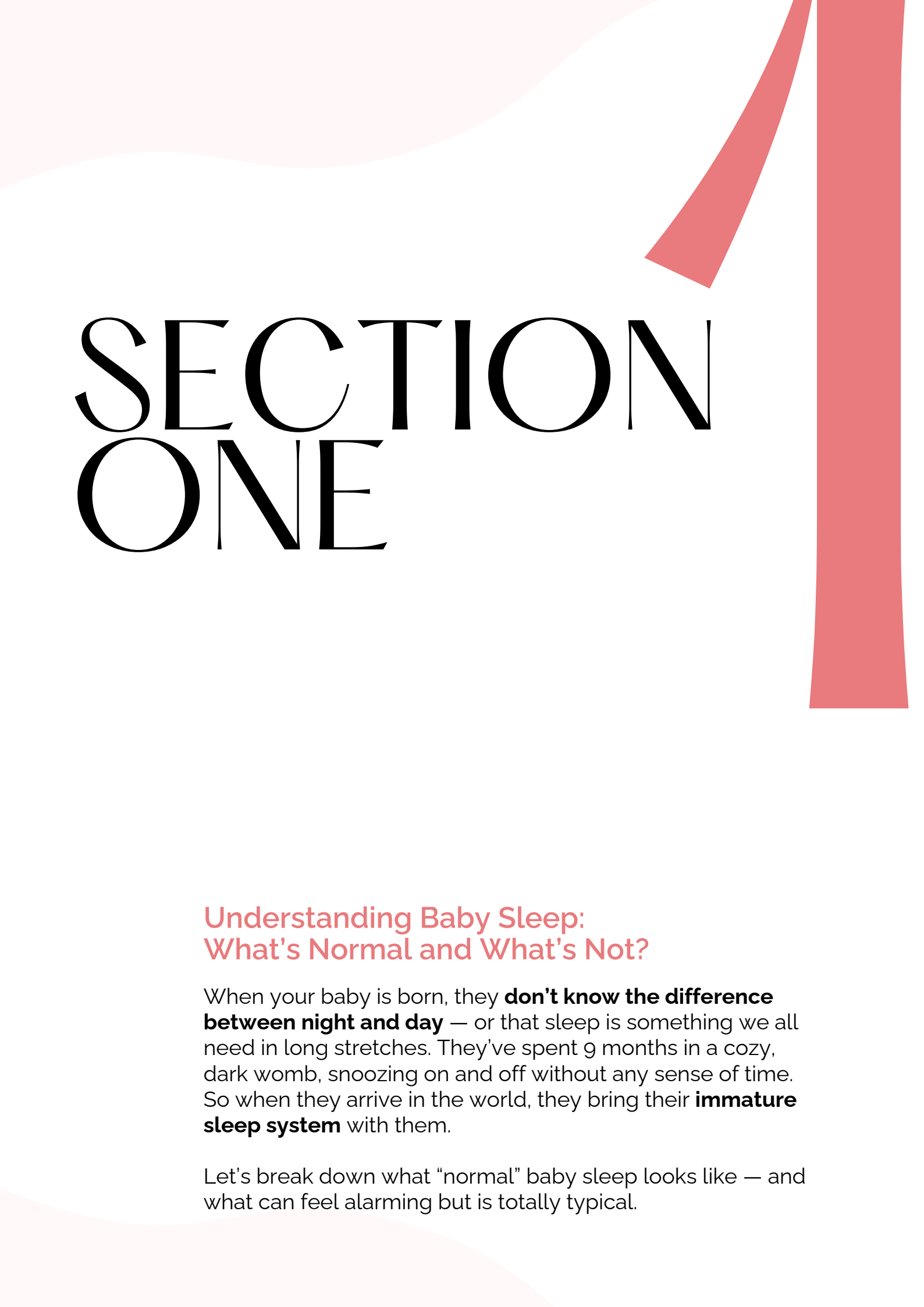
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SECTION ONE

Understanding Baby Sleep: What's Normal and What's Not?

When your baby is born, they **don't know the difference between night and day** — or that sleep is something we all need in long stretches. They've spent 9 months in a cozy, dark womb, snoozing on and off without any sense of time. So when they arrive in the world, they bring their **immature sleep system** with them.

Let's break down what “normal” baby sleep looks like — and what can feel alarming but is totally typical.

How Baby Sleep Works in the First Year

Unlike adults, babies go through very short sleep cycles. A newborn's **sleep cycle is only 40–50 minutes long**, compared to our 90–120 minutes. At the end of each cycle, babies may stir, grunt, open their eyes, or cry. This is not always a call for help — often they're just shifting between stages of sleep.

Normal Baby Sleep Includes:

- Short naps that vary in length (especially in early months)
- Frequent night wakings (especially for feeding)
- Loud noises during sleep (grunting, snorting, moving)
- Confused day/night patterns in the first few weeks

What You'll Notice By Month:

Age	What's Happening	What Parents Notice
0–6 wks	Random sleep/wake cycles; no circadian rhythm	Baby sleeps a lot but unpredictably
6–12 wks	Developing light/dark awareness, melatonin production	Baby starts to sleep longer at night (3–4 hrs)
3–4 mo	Sleep cycles mature (closer to adult-like structure)	Frequent night wakings; naps shorten
5–6 mo	Body clock more regular, deeper night sleep emerges	Potential for longer nighttime stretches
7–12 mo	Sleep linked to social cues and routines	Habits can form (good or bad!)

Why Babies Wake Up So Often

Even though it's frustrating, there are biological reasons babies wake so much in the first year. These include:

- **Feeding needs:** Babies' tummies are tiny and empty quickly. Night wakings = survival.
- **Brain growth:** So much learning happens in sleep — language, memory, movement.
- **Developmental leaps:** New milestones often disrupt sleep (rolling, crawling, standing).
- **Light sleep dominance:** Until 6–9 months, babies spend more time in lighter sleep stages.
- **Attachment & safety:** Babies wake to check that you're still there. It's not manipulation; it's instinct.

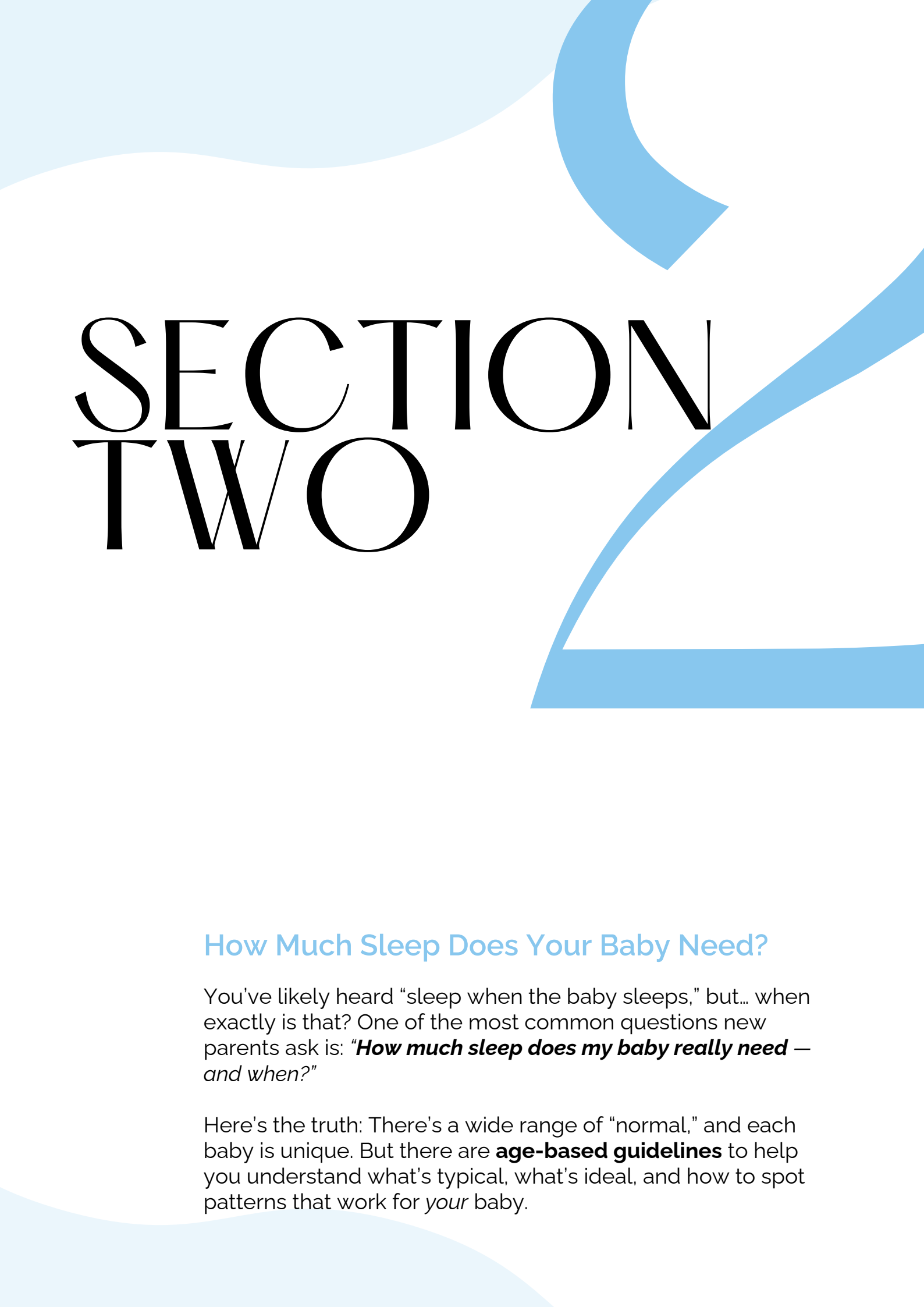
Think of night wakings not as a problem to fix, but a developmental phase to support.

What's Not Normal (Red Flags to Discuss With a Pediatrician)

- Baby is unusually hard to wake even after long sleep
- Sudden changes in sleep + fever, rash, or feeding issues
- Long-term difficulty gaining weight due to lack of feeding overnight
- Loud breathing, choking, or pauses in breathing during sleep (possible sleep apnea)
- Sleep regressions that never seem to improve

Reframe the Goal:

Your job isn't to "make" your baby sleep like an adult. It's to create a safe, supportive space where healthy sleep habits can grow over time. Expect some bumps — and know you're not alone in the night.



SECTION TWO

How Much Sleep Does Your Baby Need?

You've likely heard "sleep when the baby sleeps," but... when exactly is that? One of the most common questions new parents ask is: ***"How much sleep does my baby really need — and when?"***

Here's the truth: There's a wide range of "normal," and each baby is unique. But there are **age-based guidelines** to help you understand what's typical, what's ideal, and how to spot patterns that work for *your* baby.

Total Sleep Recommendations By Age (0–12 Months)

Age	Total Sleep per 24 hrs	Night Sleep	Naps Per Day	Wake Windows*
0–6 weeks	14–17 hrs	8–9 hrs	4–6 (short)	45–60 min
6–12 weeks	14–16 hrs	8–10 hrs	3–5	60–90 min
3–4 months	13–15 hrs	9–10 hrs	3–4	75–120 min
5–6 months	13–14 hrs	10–11 hrs	3	2–2.5 hrs
7–8 months	13–14 hrs	11–12 hrs	2–3	2.5–3 hrs
9–10 months	12–14 hrs	11–12 hrs	2	3–3.5 hrs
11–12 months	12–14 hrs	11–12 hrs	2	3–4 hrs

**Wake windows = amount of awake time between naps or bedtime*

Reminder:

These numbers are guidelines — not rules. If your baby is happy, alert, and growing well, small deviations are OK!



What a “Typical” Day Could Look Like By Age

These are sample schedules to help you visualize how daily sleep might unfold.

Newborn (0–6 Weeks)

- Total Sleep: 16–17 hrs in 24 hrs
- Naps: Unpredictable, often 20–90 minutes
- Wake windows: 45–60 min

SAMPLE DAY:

- 6:30 AM — Wake & feed
- 7:15 AM — Nap
- 8:15 AM — Awake
- Feed, nap, repeat
- 9:00 PM — Bedtime (very flexible)
- Multiple night wakings for feeding

2–3 Months

- Total Sleep: 14–16 hrs
- Naps: 4–5
- Wake Windows: 60–90 min

SAMPLE DAY:

- 7:00 AM — Wake & feed
- 8:30 AM — Nap 1
- 10:00 AM — Nap 2
- 12:30 PM — Nap 3
- 3:00 PM — Nap 4
- 5:00 PM — Catnap
- 7:30 PM — Bedtime
- 1–3 night feedings

4–5 Months

- Total Sleep: 13–15 hrs
- Naps: 3–4
- Wake Windows: 90–120 min

SAMPLE DAY:

- 7:00 AM — Wake & feed
- 8:45 AM — Nap 1
- 11:00 AM — Nap 2
- 2:00 PM — Nap 3
- 4:30 PM — Catnap (optional)
- 7:30 PM — Bedtime
- 1–2 night feedings

6–8 Months

- Total Sleep: 13–14 hrs
- Naps: 2–3
- Wake windows: 2–2.5 hrs

SAMPLE DAY:

- 6:30 AM — Wake
- 8:30 AM — Nap 1 (1–1.5 hrs)
- 12:00 PM — Nap 2 (1–1.5 hrs)
- 4:00 PM — Optional catnap (short)
- 7:00 PM — Bedtime
- Usually 1 night waking

9–12 Months

- Total Sleep: 12–14 hrs
- Naps: 2 (morning + afternoon)
- Wake windows: 3–4 hrs

SAMPLE DAY:

- 7:00 AM — Wake
- 9:30 AM — Nap 1 (1 hr)
- 2:00 PM — Nap 2 (1–1.5 hrs)
- 7:30 PM — Bedtime
- Many babies sleep through the night now — but not all!

Total Sleep Is One Thing — Quality Sleep Is Another

You might meet the “hours” quota but still feel like your baby is constantly tired. Here’s why:

- **Inconsistent bedtime:** Messes with melatonin production
- **Overstimulation:** Makes it hard for babies to wind down
- **Too much/too little day sleep:** Can sabotage night sleep

Sleep isn't just about quantity. Predictability and timing matter, too.

Progress, Not Perfection

Sleep will evolve a lot in the first year — and it won't always follow the plan. Your baby may:

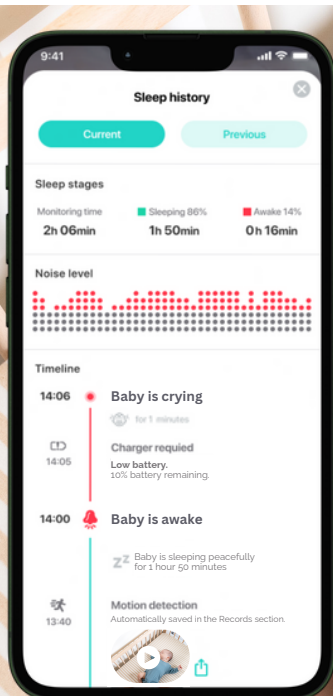
- Sleep great one week, then regress the next
- Drop a nap earlier or later than the books say
- Wake early during growth spurts or teething

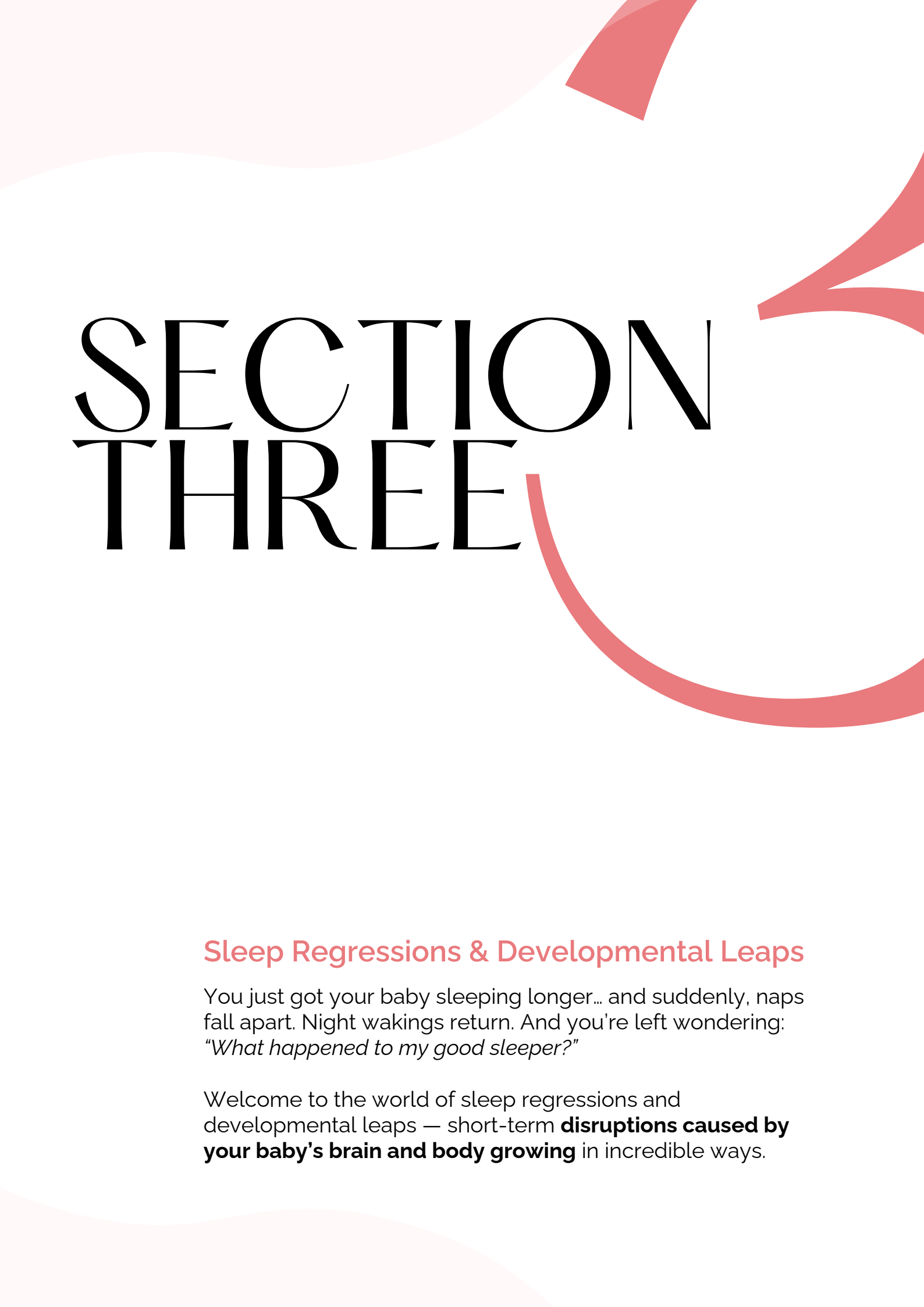
Try to zoom out. Is your baby well-rested over a few days? That's success.

Final Notes

- Your baby's internal clock (circadian rhythm) strengthens with consistent wake-up and bedtime.
- Don't be afraid to modify schedules based on your lifestyle or baby's cues.
- Teething, illness, travel, or milestones can temporarily throw off even a solid schedule.

The goal isn't perfection — it's creating a rhythm that helps everyone in your home feel rested and supported.





SECTION THREE

Sleep Regressions & Developmental Leaps

You just got your baby sleeping longer... and suddenly, naps fall apart. Night wakings return. And you're left wondering: *"What happened to my good sleeper?"*

Welcome to the world of sleep regressions and developmental leaps — short-term **disruptions caused by your baby's brain and body growing** in incredible ways.

What Is a Sleep Regression?

A sleep regression is a temporary phase where your baby suddenly starts **waking more often, fighting naps, or sleeping less** — even if they've been sleeping well.

Common signs:

- Frequent night wakings
- Short or skipped naps
- Difficulty falling asleep
- Increased fussiness and clinginess
- Early morning wakeups

Why Regressions Happen?

Your baby's brain is constantly rewiring and practicing new skills. These leaps often interfere with sleep because their minds are busy.

Regressions often line up with:

- Learning to roll, sit, crawl, or stand
- Language explosions (babbling, first words)
- Separation awareness
- Teething
- Growth spurts

Think of it like this: **When babies level up mentally or physically, sleep takes a hit — temporarily.**

When Do Sleep Regressions Typically Occur?

Age	What's Happening	How Long It Lasts	What Helps
4 months	Baby's sleep cycles mature (like adults!)	2–6 weeks	Set wake windows, consistent bedtime, soothing routine
6 months	Rolling, solids, longer wake times	1–2 weeks	Adjust schedule, increase tummy time
8–10 months	Crawling, standing, separation anxiety	2–4 weeks	Practice skills during day, more comfort at bedtime
12 months	Walking, first words, nap resistance	1–3 weeks	Don't drop to 1 nap too early, keep routine stable

What To Do During a Regression?

1. Stick to the routine.

Babies crave predictability. Stick to your pre-bedtime rituals even if sleep is rocky.

2. Adjust wake windows.

As babies grow, they need longer wake times. Try extending by 10–15 minutes to avoid undertiredness.

3. Offer extra comfort

Regressions make babies more clingy. Comfort them, but avoid starting sleep crutches like feeding to sleep (unless it was already your norm).

4. Practice new skills during the day.

If your baby is learning to crawl or pull to stand, help them practice outside the crib. They're often too excited to sleep until they master it.

5. Watch for nap transitions.

Many regressions are tied to dropping naps. Don't rush it — follow your baby's cues.

6. Be patient with night wakings.

Sometimes, all you can do is wait it out. Offer reassurance, stick to your plan, and know it will pass.

Regressions = Growth

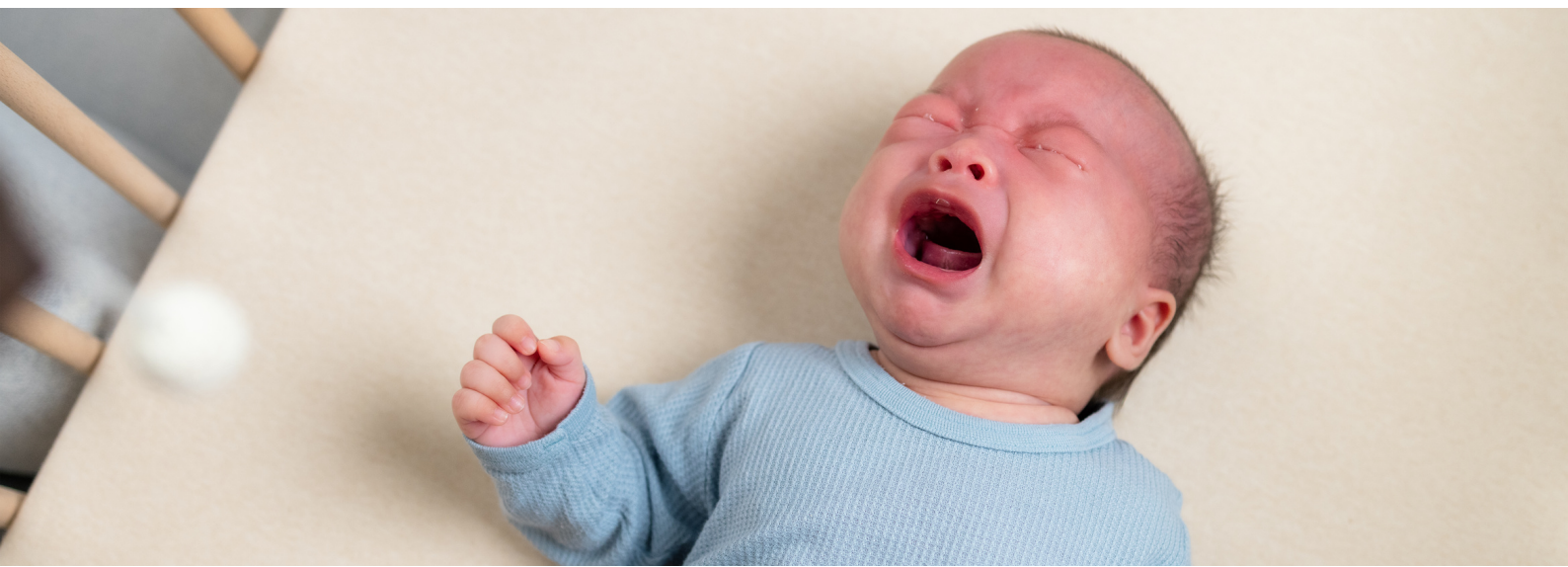
It's tough. We know. You finally get some rest, and bam — it all goes off the rails. But these moments usually mean your baby is growing beautifully.

You're not doing anything wrong. You're raising a tiny human whose brain and body are evolving at lightning speed. Be gentle with yourself.

Baby Sleep Is a Journey — Not a Straight Line

Sleep will never be 100% perfect. But each regression is a signal that your baby is reaching a new milestone.

With support, structure, and a little grace, your baby will sleep again — often better than before.



SECTION FOUR

Creating a Sleep-Friendly Environment

One of the most powerful (yet often overlooked) tools for helping your baby sleep better is the sleep environment itself. The right atmosphere can soothe your baby to **sleep faster, reduce night wakings, and support healthy sleep habits** over time.

Let's walk through everything you need to create the ultimate sleep sanctuary — no fancy gear required.



1. The Ideal Room Setup

Cool & Dark

Babies sleep best in a cool (but not cold) room, ideally between **18–21°C (65–70°F)**. Darkness signals to your baby's brain that it's time for sleep, which increases melatonin production (the sleepy hormone).

Tip: Use blackout curtains or portable blackout shades for naps and bedtime — even during long summer days.

Quiet or with White Noise

A consistent white noise machine (or an app) can muffle household sounds and prevent sudden wake-ups. It also acts as a sleep cue.

What to avoid: Loud lullabies playing all night or inconsistent sounds that stop suddenly — these can disrupt sleep.



2. Safe Sleep = Better Sleep

You can follow safe sleep guidelines and help your baby sleep well.

Here's what that looks like:

- Always **place your baby on their back** to sleep.
- Use a **firm, flat mattress** with a tight-fitting crib sheet.
- Keep the **crib empty** — no pillows, blankets, bumpers, or stuffed animals.
- If swaddling, stop once your baby shows signs of rolling.
- Use **sleep sacks** or wearable blankets instead of loose covers.

Follow the ABC of safe sleep: Alone, Back, in a Crib.



3. Lighting Cues: Day vs. Night

Your baby's circadian rhythm (aka internal body clock) takes time to develop — but you can gently support it with light.

- During the day, expose your baby to **natural daylight** — go for a walk, open the blinds during wake time.
- At night, keep lighting **dim and warm**. Avoid screens and blue lights 1–2 hours before bedtime.

4. Create a Consistent Wind-Down Routine

A short, soothing routine helps signal: "It's time to sleep now."

Sample Bedtime Routine (20–30 minutes):

- Bath or gentle wipe-down
- Pajamas and sleep sack
- Feed
- Short lullaby or story
- White noise on
- Lights out — into crib drowsy but awake

Repeat this routine every evening and keep nap routines similar (but shorter).





5. Night Feedings & Room Sharing

Especially in the early months, night feedings are totally normal. If you're room-sharing:

- Use a **dim night light** or motion-sensor lamp.
- Keep essentials nearby: diapers, wipes, burp cloths.
- Avoid full diaper changes unless necessary.

Remember: You don't have to feed every time your baby stirs — wait and watch if they settle back on their own.

Optional Gear That Helps (But Isn't Essential)

- Blackout curtains
- White noise machine (constant, non-looping)
- Sleep sack (age-appropriate TOG for warmth)
- Crib thermometer
- Motion monitor (if it gives you peace of mind — not a requirement!)

Gentle Reminder:

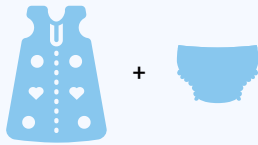
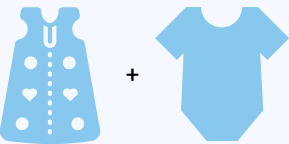
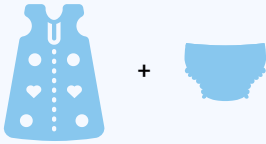
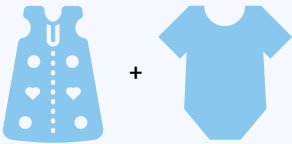
You don't need a Pinterest-perfect nursery for your baby to sleep well.

Consistency, safety, and a calm environment matter far more than gadgets. Focus on what works for you and your baby.



Dressing Your Baby for Sleep

What your baby wears to sleep matters more than you might think. Overdressing or underdressing can make them uncomfortable, which often leads to night waking — and confusion for tired parents.

ROOM TEMPERATURE	WHAT TO WEAR	
ABOVE 75°F / 24°C	 0.5 TOG	
75°F / 24°C	 0.5 TOG	 1 TOG
70-75°F 21-24°C	 0.5 TOG	OR   1 TOG
69-73°F 21-23°C	 1 TOG	
64-68°F 18-20°C	 2.5 TOG	
61-63°F 16-17°C	 2.5 TOG	

**TOG (Thermal Overall Grade) tells you how warm the fabric is.*

Follow the “One Extra Layer” Rule

A good general rule is to dress your baby in one more layer than you would wear to bed. For example, if you're comfy in a T-shirt and blanket, your baby might do well in a footed onesie with a light sleep sack.

Choose Breathable, Natural Fabrics

Opt for cotton, bamboo, or muslin. These materials are breathable and help regulate body temperature. Avoid heavy knits, fleece, or synthetic fabrics unless you're in a very cold climate.

Mind the Room Temperature

The ideal nursery temperature for sleep is between 68–72°F (20–22°C).

If you're not sure whether your baby is warm enough:

- Touch their back or chest — it should feel warm, not hot or sweaty.
- Hands and feet can feel cool — that's normal and not a sign they're cold.

What to Wear by Age

- Newborns (0–2 months): Swaddle or wearable blanket + footed sleeper
- 3–6 months: Sleep sack + long-sleeve bodysuit or sleeper
- 6–12 months: Room-appropriate sleep sack + footed pajama or lightweight top and pants

Avoid hats, loose blankets, or anything with strings — they're not safe for sleep.

Invest in a TOG-rated Sleep Sack

TOG (Thermal Overall Grade) tells you how warm the fabric is:

- 0.5 TOG for warm weather or rooms > 75°F (24°C)
- 1.0 TOG for mild climates
- 2.5 TOG for colder nights or rooms < 68°F (20°C)



SECTION FIVE

Tips for Falling Asleep Without Tears

Helping your baby fall asleep doesn't have to feel like a battle — and it doesn't have to involve hours of crying.

This chapter offers **gentle, baby-led strategies that support healthy sleep habits** without overwhelming either of you. We'll guide you through: how babies learn to fall asleep, ways to reduce tears (yours and theirs), and how to build confidence — in both your baby and yourself.

Whether your baby is 3 weeks or 9 months old, these tips will help you approach **bedtime with more calm**, more connection, and a whole lot more peace.

Know What's Normal First

Let's set expectations. Babies don't naturally know how to fall asleep on their own — it's something they learn. And like any new skill, it takes time, support, and practice.

Here's what's developmentally normal:

Age	Falling Asleep Independently?	Needs Help?
0–3 months	Rarely	YES – rocking, feeding, holding
4–6 months	Sometimes	Still needs help often
6–9 months	Learning	Can start practicing more independent sleep
9–12 months	Becoming consistent	Needs reassurance during regressions

So, if your 5-month-old needs to be rocked or nursed to sleep, you're not doing anything wrong. You're simply meeting your baby's needs.

Start With a Consistent Bedtime Routine

A calm, predictable routine tells your baby: *"It's safe to relax now."*

Try a **20–30 minute wind-down ritual** like this:

- Bath or warm washcloth wipe
- Pajamas & sleep sack
- Short book or lullaby
- Dim lights + white noise
- Final cuddle or feed
- Place in crib drowsy but awake (when ready)

Consistency is key. Even if your baby still needs help falling asleep, this routine lays the groundwork.

Learn Your Baby's Sleepy Cues

Trying to get your baby to sleep when they're not ready is like trying to fall asleep at 5 PM after a double espresso.

Look for:

- Red eyebrows or eyelids
- Rubbing eyes or ears
- Zoning out / glassy stare
- Yawning
- Turning away from play

Catch the first signs and head to the sleep routine before they get overtired.

Use the "Slowly Step Back" Approach

One of the gentlest ways to teach self-soothing is to gradually reduce how much help you give over time. Here's how:

WEEK 1—2:

Rock or nurse to sleep, but begin putting baby down just before they fall fully asleep.

WEEK 3—4:

Sit by the crib and gently soothe with voice or touch if they stir.

WEEK 5—6:

Move your chair a little farther away each night.

*This method is sometimes called the **Chair Method**, and it works best with patience, reassurance, and consistency.*

Offer Comfort — But Let Baby Try First

When your baby fusses in the crib:

- Pause before rushing in (10–60 seconds) — they may surprise you!
- If fussing turns to crying, respond calmly — pick up if needed.
- Your presence teaches your baby: *“You’re safe, and I’ll help you figure this out.”*

Remember: supporting your baby doesn't *prevent* them from learning to sleep — it actually *builds* their confidence over time.

Understand the Role of Sleep Associations

Sleep associations are the things your baby links with falling asleep — like:

- Being fed to sleep
- Rocking
- Pacifier
- White noise
- Snuggling

These are not bad! But if they become the only way your baby can fall asleep, they *may struggle without them*.

Try introducing new associations (like **white noise or a comfort object around 6+ months**), and gradually reduce the ones that require your constant input.

Gentle Sleep Teaching Methods to Try

If you want to help your baby fall asleep more independently without tears, here are some methods that work for many families:

1

PICK UP / PUT DOWN METHOD (3–6+ MONTHS):

Pick baby up when they cry, soothe until calm, and put down again — repeat as needed.

2

FERBER-STYLE METHOD (WITH CHECK-INS):

Let baby fuss a bit, then return every few minutes with brief reassurance. *(This method is more structured and may involve tears, so not always ideal for gentle approaches.)*

3

NO TEARS METHOD (4+ MONTHS):

Stay with baby while they fall asleep, offering comfort through patting, humming, or shushing — gradually reduce over time.

4

CHAIR METHOD:

Sit by the crib, offering comfort, then gradually move your chair further away each night. This teaches your little one to self-soothe and drift off independently.

5

NO FORMAL “TRAINING” – JUST ROUTINE & RESPONSIVENESS:

Many babies learn to sleep independently over time with no sleep training, just consistency and loving care.

Be Flexible and Trust Your Instincts

There's no perfect method. What matters is **what works for you and your baby**.

Ask yourself:

- Am I okay with how we're sleeping right now?
- Is my baby getting enough rest overall?
- Am I feeling burned out or frustrated?

If something **isn't working, it's okay to shift**.

And if things are going well — **don't feel pressured to change!**

There is no one-size-fits-all sleep plan. The right routine is the one that helps your whole family feel rested and supported.



SECTION SIX

Naps – Timing, Transitions & Troubleshooting

If nighttime sleep is the anchor, naps are the glue that holds your baby's day together. But for many parents, naps can be one of the most confusing and frustrating parts of baby sleep. *How long should they be? How many naps does my baby need? Why does my baby only nap for 20 minutes?*

This section will help you **understand the science behind naps**, how they change as your baby grows, and what to do when naps don't go as planned. With the right knowledge and a bit of flexibility, you'll be able to guide your little one to better daytime rest — and get a few quiet moments for yourself, too.

Why Naps Matter

Naps aren't just bonus sleep — they're essential for your baby's development. Daytime sleep helps with:

- Emotional regulation
- Memory + learning
- Physical growth
- Nighttime sleep quality

A baby who naps well often sleeps better at night, too. And a parent with a napping baby? That's someone who might get to drink a hot coffee.

Nap Basics by Age

Age	# of Naps	Typical Nap Length	Total Day Sleep
0–3 months	4–6 naps	20–90 min	4–6 hours
3–5 months	3–4 naps	30–120 min	4–5 hours
6–8 months	2–3 naps	1–2 hrs each	3–4 hours
9–12 months	2 naps	1–2 hrs each	2.5–4 hours

Note: Wake windows (the amount of time baby can be awake between naps) grow longer as baby gets older. Use them to help guide when naps should happen!

How to Tell Baby Is Ready for a Nap

It's all about the timing — and the cues. Here's what to watch for:

EARLY SLEEPY SIGNS:

- Slower movements
- Quieter mood
- Losing interest in toys

LATE SLEEPY SIGNS:

- Eye rubbing
- Fussy or clingy
- Arching back
- Zoning out / avoiding eye contact

Try to start the nap *just before* they hit that overtired zone. Missing that window often makes it harder for them to fall asleep or stay asleep.

Wake Windows by Age (for smoother naps!):

Wake windows refer to the **duration a baby can stay awake between sleep periods**. Monitoring these windows helps prevent overtiredness and supports better sleep patterns.

Age	Wake Window
0–6 weeks	45–60 mins
6–12 weeks	60–90 mins
3–4 months	75–120 mins
5–6 months	2–2.5 hrs
6–9 months	2.5–3 hrs
9–12 months	3–4 hrs

If naps are too early or too late, they may be short or skipped. Adjusting wake windows can make a huge difference in nap success.

Nap Transitions

Nap transitions are the stages when **babies drop naps as they grow** and need less daytime sleep.

When Do Nap Transitions Happen?

Babies naturally drop naps as they grow. You don't have to force it — **they'll show signs** when they're ready.

Nap Transition	When It Happens	What It Looks Like
4 → 3 naps	Around 4–5 months	Catnap becomes optional or skipped
3 → 2 naps	Around 6–8 months	Last nap of the day becomes a struggle
2 → 1 nap	Around 13–18 months	Refusing 2nd nap or bedtime too late

During transitions, expect a few weeks of unpredictability. You can alternate between the old and new schedule as baby adjusts.

Common Nap Struggles & What to Do

SHORT NAPS (30–45 MINS)

Often due to undertiredness, overtiredness, or needing help to connect sleep cycles.

👉 Try adjusting the wake window or putting baby down slightly drowsy but awake.

REFUSING A NAP

Check if the nap is too early or too late. Sometimes they're just not tired yet.

👉 Try shifting it by 15–30 minutes.

NAPS ONLY HAPPEN ON YOU

Totally normal in early months!

☞ For older babies, slowly try transitioning to crib naps using a familiar routine + white noise.

DAY/NIGHT CONFUSION

Common in newborns.

☞ Expose baby to daylight during the day and keep nights dark and boring (no talking, low lights).

Nap Routine Example by Month (0–12 Months)

These routines are sample schedules and should be adapted based on your baby's unique needs and wake windows. Each includes:

- Wake-up time
- Nap timing
- Wake windows
- Bedtime

Newborn (0–1 Month)

- Total Naps: 5–6
- Wake Windows: 45–60 min

At this age, sleep is unpredictable — focus on feeding and bonding. Naps may happen anywhere (your arms, carrier, bassinet).

SAMPLE DAY:

- 7:00 AM — Wake & feed
- 8:00 AM — Nap 1
- 9:30 AM — Nap 2
- 11:00 AM — Nap 3
- 1:00 PM — Nap 4
- 3:00 PM — Nap 5
- 5:30 PM — Catnap
- 7:30 PM — Bedtime
- Frequent night feedings

2 Months

- Total Naps: 4–5
- Wake Windows: 60–75 min

Begin establishing a consistent morning wake time and bedtime routine.

SAMPLE DAY:

- 7:00 AM — Wake & feed
- 8:00 AM — Nap 1
- 10:00 AM — Nap 2
- 12:00 PM — Nap 3
- 2:30 PM — Nap 4
- 5:00 PM — Catnap
- 7:30 PM — Bedtime
- 1–3 night feedings

3 Months

- Total Naps: 4
- Wake Windows: 75–90 min

This is a good time to start using a consistent nap routine (dark room, white noise, short wind-down).

SAMPLE DAY:

- 7:00 AM — Wake & feed
- 8:30 AM — Nap 1
- 10:30 AM — Nap 2
- 1:00 PM — Nap 3
- 4:00 PM — Catnap
- 7:30 PM — Bedtime
- 1–2 night feedings

4 Months

- Total Naps: 3–4
- Wake Windows: 90–120 min

*Watch for signs of the **4-month sleep regression** — naps may get shorter, and bedtime resistance may increase.*

SAMPLE DAY:

- 7:00 AM — Wake & feed
- 9:00 AM — Nap 1
- 11:30 AM — Nap 2
- 2:30 PM — Nap 3
- 5:00 PM — Optional catnap
- 7:30 PM — Bedtime
- 1–2 night feedings

5 Months

- Total Naps: 3
- Wake Windows: 2 hrs

Start tracking nap length — short naps may still be common but are improving.

SAMPLE DAY:

- 7:00 AM — Wake & feed
- 9:00 AM — Nap 1
- 12:00 PM — Nap 2
- 3:00 PM — Nap 3
- 7:00 PM — Bedtime
- 1 night feeding or possibly sleeping through

6 Months

- Total Naps: 2–3
- Wake Windows: 2–2.5 hrs

Some babies begin transitioning to 2 solid naps; catnap may drop soon.

SAMPLE DAY:

- 7:00 AM — Wake
- 9:30 AM — Nap 1
- 1:00 PM — Nap 2
- 4:30 PM — Optional short nap
- 7:30 PM — Bedtime
- Often sleeping through night or 1 night feed

7–8 Months

- Total Naps: 2
- Wake Windows: 2.5–3 hrs

Predictability increases. Focus on nap quality and solid bedtime routine.

SAMPLE DAY:

- 7:00 AM — Wake
- 9:30 AM — Nap 1
- 2:00 PM — Nap 2
- 7:00 PM — Bedtime
- Usually sleeps through night

9–10 Months

- Total Naps: 2
- Wake Windows: 3–3.5 hrs

SAMPLE DAY:

- 7:00 AM — Wake
- 10:00 AM — Nap 1
- 2:30 PM — Nap 2
- 7:30 PM — Bedtime

Naps lengthen. Consider adjusting if second nap is pushing bedtime too late.

11–12 Months

- Total Naps: 2
- Wake Windows: 3.5–4 hrs

SAMPLE DAY:

- 7:00 AM — Wake
- 10:30 AM — Nap 1
- 3:00 PM — Nap 2
- 8:00 PM — Bedtime

Begin watching for signs of readiness to drop to 1 nap, but don't rush. Most babies aren't ready until 13–18 months.

Remember...

Naps don't have to be perfect to be effective.

Some days baby will nap like a dream.

Some days it will feel like you tried everything and still ended up bouncing on a yoga ball in the dark. That's okay.

Stay flexible. Stay responsive. And don't forget to rest when you can, too. You're doing amazing.

SECTION SEVEN

The Role of Feeding and Sleep

Feeding and sleep go hand in hand—especially during the first year of your baby's life. Whether you're breastfeeding, formula-feeding, or doing a mix of both, **how and when your baby eats** can significantly **impact how they fall asleep, how long they stay asleep, and how often they wake** during the night.

But it's not just about full bellies. Growth spurts, developmental changes, and even teething can temporarily throw off both feeding patterns and sleep routines.

Understanding Feeding and Sleep by Age

Newborns (0–3 months)

- Newborns need to eat often—every 2–3 hours around the clock.
- Their tiny tummies can't hold much milk, so they wake frequently to feed.
- It's completely normal for newborns to fall asleep while feeding.

💡 TIP: *Don't worry about creating bad habits at this stage. Responding to hunger cues quickly builds trust and security.*

3–6 Months

- Babies often begin to stretch out night feeds, sometimes going 4–6 hours between them.
- They're becoming more efficient eaters, and you may notice more structured patterns emerging.
- Growth spurts (around 4 and 6 months) can cause sudden night wakings or cluster feeding.

💡 TIP: *Try to separate feeding from falling asleep during the day. At bedtime, it's okay if baby dozes off nursing—just gently break the latch before putting them down.*

6–9 Months

- Solid foods are usually introduced during this window, but milk remains the primary source of nutrition.
- Many babies are capable of sleeping through the night without a feed, though some may still wake once.
- Growth spurts and teething may temporarily disrupt sleep.

💡 TIP: *Offer a full feeding before naps and bedtime. Hunger is a common cause of short naps!*

9–12 Months

- Your baby may be eating solids 2–3 times a day along with milk feeds.
- Most babies can comfortably sleep 10–12 hours at night without feeding.
- Comfort nursing or bottle-feeding to sleep may continue for some—but it's okay to gently encourage falling asleep independently if you're ready.

 **TIP:** Watch out for reverse cycling (eating more at night than during the day), especially if baby is distracted during daytime feeds.

Growth Spurts and Sleep Disruption

...are short periods when babies grow rapidly in size, weight, and development.

Growth spurts typically **occur around**:

2–3 weeks, 6 weeks, 3 months, 4 months, 6 months, and 9 months.

During a growth spurt, **your baby may**:

- Wake more frequently
- Seem fussier
- Want to feed constantly

This is normal! Sleep may be disrupted for a few days to a week, then return to baseline.

What helps?

- Feed on demand
- Offer extra comfort
- Stick to your routines when possible

How to Balance Feeding and Sleep

CREATE A FEED-PLAY-SLEEP ROUTINE

This can help separate eating from sleep associations, especially for naps.

FEED FULLY, NOT FREQUENTLY (ONCE BABY IS PAST THE NEWBORN STAGE)

Encouraging full feedings helps your baby stay satisfied longer.

AVOID RUSHING NIGHT WEANING

If your baby still genuinely needs a night feed, that's okay! Sleep training and night weaning are not the same.

DON'T STRESS ABOUT "BAD HABITS" TOO EARLY

What works for you and your baby matters more than arbitrary rules.

What If Baby Only Falls Asleep While Feeding?

This is extremely common. Feeding is comforting and calming—and falling asleep while nursing or taking a bottle is normal, especially in the first few months.

If you want to **encourage more independent sleep** over time:

- Try to break the feeding-sleep association gradually
- Feed slightly earlier in the bedtime routine (e.g., bath → PJs → feed → story → bed)
- Gently unlatch or remove the bottle before baby is fully asleep



SECTION EIGHT

Common Baby Sleep Myths (Debunked!)

As a new parent, you're likely bombarded with advice—from well-meaning family, friends, or late-night Google searches. But not all of it is accurate, and some common myths can actually cause confusion or even stress. Let's shine a light on some of the most widespread baby sleep myths and what's actually true.

MYTH 1:

"If you keep your baby awake during the day, they'll sleep better at night."

 **FALSE.**

Overtired babies don't sleep better—they sleep worse. When babies become overtired, their bodies release stress hormones (like cortisol), which can make it harder for them to settle and stay asleep.

 **THE TRUTH:**

Well-timed naps and age-appropriate wake windows lead to better night sleep, not less daytime sleep.

MYTH 2:

"Your baby should sleep through the night by 3 months."

 **FALSE.**

Some babies do... many don't. And that's okay. "Sleeping through the night" is often misunderstood. Technically, it means a 5–6 hour stretch, not a full 8–12 hours.

 **THE TRUTH:**

Every baby is different. Night waking is developmentally normal well into the first year.

MYTH 3:

"Feeding your baby cereal before bed will help them sleep longer."

 **FALSE.**

This outdated advice has no scientific support. In fact, early solids can disrupt digestion and lead to discomfort.

 **THE TRUTH:**

Babies sleep better when they're developmentally ready—not because of what's in their belly.

MYTH 4:

"If your baby sleeps in your arms, they'll never learn to sleep alone."

✗ FALSE.

Holding and comforting your baby builds security, not dependency. Sleep independence is a learned skill that can be developed gently over time.

✓ THE TRUTH:

It's absolutely possible to enjoy snuggles now and support independent sleep later.

MYTH 5:

"You have to let your baby cry it out if you ever want them to sleep well."

✗ FALSE.

"Cry It Out" is just one method—and not the only or the best fit for every family. Many babies learn to sleep independently with gradual, responsive approaches.

✓ THE TRUTH:

There are many gentle, effective sleep strategies that don't involve prolonged crying.

MYTH 6:

"You must follow a strict schedule from birth."

✗ FALSE.

Newborns operate on their own biological rhythms and aren't ready for rigid routines.

✓ THE TRUTH:

Structure becomes helpful around 3–4 months. Early on, flexible rhythms based on wake windows and feeding cues work best.

MYTH 7:

"If you co-sleep, your baby will never want their own bed."

 FALSE.

Many families safely and happily co-sleep for a time, and babies eventually transition to independent sleep when they're ready.

 THE TRUTH:

You can support sleep transitions gradually. What matters most is safety, consistency, and what works for your family.

MYTH 8:

"Babies who wake at night are just being stubborn."

 FALSE.

Babies wake because they're hungry, uncomfortable, going through a developmental leap, or simply learning how sleep works.

 THE TRUTH:

Night waking is biological, not behavioral. Your baby isn't trying to manipulate you—they're learning and growing.

Bottom Line:

If you've heard a baby sleep rule that feels too harsh, too strict, or just doesn't sit right with you—trust your gut. There's no "one-size-fits-all" sleep method. You are the expert on your baby.



Even with all the information, parents still have (very valid) questions. You're not alone—and we've gathered the **most frequently asked ones from real-life**, sleep-deprived moms and dads. Here are honest, reassuring answers to the things you're probably wondering too.



When will my baby finally sleep through the night?



It depends. Some babies start sleeping longer stretches around 3–6 months, but many still wake during the night well into their first year. Sleeping “through the night” typically means 5–6 hour stretches. Rest assured: this milestone will come with time and gentle support.



Should I feed my baby every time they wake up at night?



In the newborn stage, yes—babies need frequent feeds. As they get older (around 4–6 months), not all wakings are hunger-related. You can begin to notice patterns and gradually reduce night feeds when your baby shows signs they're ready.



Is it bad to rock or nurse my baby to sleep?



Not at all. If it works for you and your baby, it's okay. These are comforting associations. As your baby grows, you can gradually teach them to fall asleep more independently if that's your goal.



How can I avoid my baby crying during sleep training?



While some fussing may happen during transitions, you don't have to use cry-it-out methods. Gentle sleep strategies (like pick-up-put-down or fading) can help your baby learn to fall asleep with minimal tears. Comfort and consistency are key.



How long should naps be?



It depends on age. For example:

- Newborns: short catnaps (30–60 mins) are common.
- By 4–6 months: naps start to lengthen (1–2 hours).
- By 9 months–1 year: two solid naps per day, ideally 60–90 minutes each.

If a nap is too short, try adjusting wake windows or offering a contact nap to help reset.



What if my baby isn't following the sample schedule?



That's okay! Schedules are helpful frameworks, but every baby is unique. Use them as a guide, not a rulebook. Watch your baby's sleep cues and adjust accordingly.



Why is bedtime such a struggle?



It could be overtiredness, overstimulation, or not enough wind-down time. Try a calming routine (bath, books, cuddle) and make sure your baby's wake windows during the day are age-appropriate. Consistency and environment also make a big difference.



Is sleep training harmful?



A There's no evidence that gentle, responsive sleep training harms babies. Approaches that prioritize emotional connection and baby's readiness can be very effective. Pick a method that feels right for your values and your baby's temperament.



What's the biggest sleep mistake parents make?



A Trying to do too much too fast. Sleep is a skill that develops gradually. Following your baby's cues, offering consistent routines, and giving yourself grace is the best approach.



What if I'm just too tired and overwhelmed?



A That's completely normal. Sleep deprivation is real—and hard. Take turns with a partner if possible. Accept help. Use tools like white noise, safe contact naps, or baby monitors to get the rest you need. You're doing an amazing job, even on the days it doesn't feel like it.



ANNIE BABY MONITOR

Your Secret Weapon for Better Baby Sleep

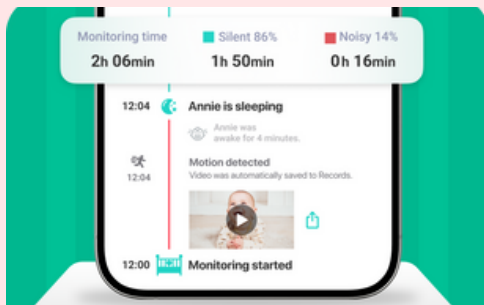
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See how long your baby naps, when they wake, and how often they stir — so you can spot patterns and make adjustments that actually work.



SLEEP ANALYTICS MADE SIMPLE

Get easy-to-read insights and summaries to help you make sense of your baby's sleep habits over days or weeks.



ALWAYS STAY CONNECTED

Use any two phones or tablets to keep an eye on your little one, even when you're in another room or away from home.



PEACE OF MIND, DAY AND NIGHT

With crystal-clear video and instant sound and motion alerts, you'll always know when your baby needs you (and when they're sleeping peacefully).



PLAY LULLABY FOR YOUR BABY

Soothe your baby to sleep with a wide range of lullabies and white noises. Select from over 30 lullabies and white noises.



BABY SLEEP GUIDE

ANNIE BABY MONITOR

Thank you for choosing our baby sleep guide!

We hope it will help you to create the perfect baby sleep routine and survive the first year with the baby.

We'd love to hear your feedback. Tag us on social media or email us your photos and comments. We're always happy to connect with parents.

Looking for **more baby sleep tips**? Check out our blog at anniebabymonitor.com!

With love and restful nights,
Annie Baby Monitor Team



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