

Infant Sleep Schedule: Example

Time	Sleep	Duration (min)	Remarks
05:00			
05:30			
06:00			
06:30			
07:00		90	Cot (curtains closed + music)
07:30			
08:00			
08:30			
09:00			
09:30		75	Pram (shopping = noisy)
10:00			
10:30			
11:00			
11:30			
12:00			
12:30		105	Pram (home)
13:00			
13:30			
14:00			
14:30			
15:00			
15:30			
16:00		150	Pram (home)
16:30			
17:00			
17:30			
18:00			
18:30			
19:00			
19:30		135	Cot (music)
20:00			
20:30			
21:00			
21:30			
22:00			
22:30		120	Cot
23:00			
23:30			
00:00			
00:30			
01:00			
01:30		135	Cot
02:00			
02:30			
03:00			
03:30			
04:00			
04:30		120	Our bed
	TOTAL	930	minutes
		15.5	hour