

8-Month old's

SLEEP PATTERNS AND TIPS TO DEVELOP A SLEEP ROUTINE



8-MONTH-OLDS' SLEEP AND NAP PATTERNS



An eight-month-old sleeps **12 to 16 hours** a day in total



They sleep around **9 to 12 hours** at a stretch at night



Most babies take two naps during the daytime



Each nap can be **30 to 120 minutes** long

TIPS TO DEVELOP A SLEEPTIME ROUTINE FOR AN 8-MONTH-OLD



Have a consistent routine where you do the same things at the same time every day



Start the routine by bathing the baby



Dress them in fresh clothes and diaper



Feed them sufficiently



Dim the room lights



Read to them or sing a lullaby

Put the baby down on the bed/crib as soon as they seem drowsy

