

12 MONTHS OLD BABY SLEEP PATTERN

- Your baby, at 12 months, should get a total of 14 hours of sleep per day
- Try scheduling not more than one or two naps throughout the day
- The naps should be included within the recommended three hours of daytime sleep
- Maintaining a bedtime of around 7:30 pm may help your baby get the right amount of sleep
- Until 12 months old, have your baby sleep only on their back
- Ensure to place your baby on a rigid mattress that is tightly covered with a sheet for their sleep
- Stay alert to signs of sleepiness such as rubbing their eyes or pulling their ears to have them fall asleep easily



REFERENCES

1 Infant Sleep.

<https://www.stanfordchildrens.org/en/topic/default?id=infant-sleep-90-P02237>

2 Sleep in Infants (2-12 months).

<https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-infants>