



PERSONALIZED SLEEP GUIDE

Your 8-month-old's sleep

8 months

*Sleep rhythm, a sample day, common
challenges and what genuinely helps at this
stage.*

AWAKE TIME

2 h 20 min – 3 h 40 min

NAPS PER DAY

3

TOTAL SLEEP / 24 H

12–15 h

NIGHT · NAPS

10–11 h · 3–4 h

What's happening with sleep now

If sleep suddenly feels harder around eight months, take a breath: this is almost always development, not a step backwards. The so-called eight-month regression is really a burst of growth. Your baby is likely crawling, pulling up to stand, and their brain is busy in the background, and sometimes a language leap is bubbling up too. All of that churn can temporarily shake the nights and naps you had worked so hard to settle.

A big part of the picture now is separation awareness. Your baby has grasped that you continue to exist when you leave the room, which is a wonderful cognitive milestone, but it can make bedtime and night wakings feel stickier as they seek the reassurance of your presence. Wake windows are a touch longer than a couple of months ago, and the day is usually still built around three naps, though the third is often on its way out as your baby edges toward two.

The most reassuring thing to know is that this passes. Regressions are loud but temporary, and the babies who come through them most smoothly are the ones whose routines stayed steady. You don't need to overhaul anything or teach brand-new habits in the thick of it; holding your familiar rhythms and calm wind-downs gives your baby solid ground while the developmental storm blows through.

A sample day

 7:00 AM · wake		 8:00 PM · bed	
7:00 AM	Wake up		
10:30 AM – 11:45 AM	Nap 1		
3:15 PM – 4:30 PM	Nap 2		
8:00 PM	Bedtime 		

If they wake at 6:00: Nap 1 8:34 AM–9:49 AM · Nap 2 12:23 PM–1:38 PM · Nap 3 4:12 PM–5:27 PM · bed 8:01 PM

Common challenges — and what helps

Standing and pulling up in the cot, then not knowing how to get back down. Your newly mobile baby hauls themselves upright at every wake and then cries, stuck on their feet and unable to settle back into sleep.

Practise the skill hard during the day, especially getting down from standing, so the body masters it out of the cot rather than at 2am. At night, calmly and with minimal fuss help them lie back down, then step back. As the movement becomes automatic in the daytime, the night-time practising fades.

Separation-anxiety night wakings, where your baby wakes and cries specifically for you, needing to know you are still there. It can feel like a step backwards after weeks of better sleep.

Offer calm, brief, predictable reassurance so they feel your presence without the wake becoming a full production. A short, steady check and a soft voice usually settle them better than a long, stimulating interaction. Consistency is the comfort here; the same low-key response each time helps the wakings shrink back down.

Refusing the third nap outright, so the old three-nap day no longer holds. The late catnap collapses and the stretch to bedtime suddenly feels too long, leaving your baby frazzled by evening.

This is usually the moment to move toward two naps. As you make the shift, use an earlier bedtime as a bridge so an unusually long final wake window doesn't end in overtiredness. Expect a few bumpy in-between days where some afternoons still need that third catnap, and let the new two-nap rhythm settle gradually.

What's coming next

As the leaps consolidate, most babies settle into a solid two-nap rhythm around nine months, with a mid-morning and an early-afternoon sleep framing calmer, more predictable days. That opens into the smoother nine-to-eleven-month stretch, when the big developmental waves ease off and the sleep you have been patiently protecting tends to feel much more settled again.



What helps most right now

- ☾ Rehearse new motor skills, especially getting down from standing, plenty of times out of the cot during the day so there is less to practise at night.
- ☾ Keep night-waking responses calm, brief and consistent, offering steady reassurance rather than lights, play or long cuddles that wake your baby further.
- ☾ When the third nap keeps failing, move toward two naps and use an earlier bedtime to bridge the longer final wake window.
- ☾ Protect your familiar routines and wind-downs through the wobble rather than starting brand-new habits, and check in with your pediatrician if anything feels off beyond the usual regression.



Safe sleep

Safe sleep (the essentials): your baby sleeps best and safest **alone, on their back, in a clear cot** — firm flat mattress, no pillows, duvets, bumpers or soft toys. Room-share without bed-sharing, especially before 6 months, and avoid overheating. If you ever have concerns about your baby's breathing or rest, talk to your pediatrician.



When to check with your pediatrician

When to check with your pediatrician: sleep varies a lot from baby to baby, but do mention it to your doctor if you notice **loud snoring, pauses in breathing, or very laboured breathing**, if your baby isn't gaining weight or is feeding poorly, if they consistently sleep far less (or more) than expected and seem unhappy or unusually drowsy, or if anything about their development worries you. This guide is general guidance and not a substitute for medical advice.

And tomorrow, and next month?

This guide is the average for their age. The **Nana** app learns your baby's real rhythm and adjusts naps and bedtime every day. Free to start → nanababy.app · Also online: <https://nanababy.app/8-month-old-sleep-schedule/>