

5 Month Old Twins Sleep Schedule

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Guidance is from the book [The Sleepeasy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep from Birth to Age 5](#)

- **Wake Up** (usually around 6:30-7 AM)
- **Eat & Play** (aim for 5-6 oz or more, may need to offer more than once to get this in)
- **Nap 1:** 1.5-2 hours after they wake up (Around 8/8:30)
- **Eat & Play** (aim for 5-6 oz or more, may need to offer more than once to get this in)
- **Nap 2:** ~2 hours after wake from 1st nap (~12/12:30 time depends on length of first nap, start 2 hours after they woke up)
- **Eat & Play** (aim for 5-6 oz or more, may need to offer more than once to get this in)
- **Nap 3:** 2 hours after nap 2 ends (~3:30-4 PM, don't let nap go later than 5:15 PM)
- **Eat & Play** (aim for 5-6 oz or more, may need to offer more than once to get this in)
- **7-7:30 Bedtime** - bath optional. Try to feed them a bottle right before bed to make sure they're full (even if they had one after their last nap as well). Don't let bedtime be any longer than 2.5 hours after the last nap, if they woke up from last nap early you'll want to put them down earlier than this or try to get them to take a short cat nap (wake after 45 min) and then put down late, 1.5-2 hours after the cat nap ended.
- **Dream Feed:** 9:30/10 PM or before you go to bed. Fill up two bottles with 4 oz formula. Pick them up and stick the bottle in - they will eat it but may not even open their eyes. Ideally they'll eat the entire thing but they may not depending on how much they ate before bed.

If they wake up in the night, don't rush in right away but if they keep crying, it's up to you if you want to feed them or try to get them to go back to sleep without a feeding (by putting pacifier back in, possibly rocking). Rowan may wake up around 5 a.m - if you do a quick feed she'll go back to sleep. Scarlett usually sleeps through. If they eat a lot during the day and you don't let them go over 2 hours of awake time, they're more likely to sleep through the night. If they're overtired because they stayed up too long, it's harder for them to sleep well.

Notes:

1. The most important thing is the wake time shouldn't go over 2 hours - that will make your life a lot easier! If they seem tired before 2 hours, put them down. 2 hours is the max awake time.
2. Try to get them to eat as much as possible in the day to avoid night waking. I aim for 5-6 ounces between naps for each feeding plus the 4 oz dream feed.
3. I usually use the breast milk during the earlier part of the day and switch to formula in the afternoon and for all evening feedings.

4. If you want them on the same schedule (which I recommend), then wake the other baby within 15 minutes of the first waking up.
5. Wake them if a nap goes any longer than 2.5 hours.
6. Total nap time should be between 4-5 hours for the day, nighttime sleep around 11 hours but don't stress if it's not exactly this!
7. Do not let them nap later than 5:15 PM so that they will go to bed by 7/7:30

Sleep routine:

Bring into room. Keep room as dark as possible. Turn on white noise. Put Scarlett in the [Merlin suit](#), Rowan in the [sleep sack](#) (arms out). Put [pacifiers](#) in. Sing Rock a Bye baby (or any song!). Say goodnight and leave. If they fuss, wait 5 minutes before coming back in but try not to pick them up unless they're really really upset. If you get the sleep windows correct and they aren't hungry, they shouldn't fuss too long, if at all. If one is asleep and the other is crying, it usually does not wake them up.

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