Moon Hour

7-month-old sleep schedule

An example day

Time	What
7:00 AM	Waking up
9:30 AM – 10:45 AM	Nap 1
1:42 PM – 2:57 PM	Nap 2
6:27 PM	To bed for the night

This is how Moon Hour might calculate on the first day if a child at 7 months wakes at 7 am and has no entries yet. It is an example, not a plan to follow: children are different, and the app adjusts the times to your child with every entry.

At a glance

Sleep per 24 hours	12–16 hr
Night	11 hr
Naps	2 naps
Awake time in between	2 hr 30 min – 3 hr 30 min

Sleep in 24 hours: consensus of the American sleep physicians (AASM, Paruthi 2016) – a value for groups, not for an individual child. Wake windows: experience values from sleep consulting, which Moon Hour starts out with. There is no single recommendation for them, and experts disagree on whether fixed wake windows by age make sense (Canapari).

Notes

Sources

- Paruthi et al. 2016: Recommended amount of sleep for children (AASM consensus) – https://pubmed.ncbi.nlm.nih.gov/27250809/
- Canapari: Wake windows – what a sleep physician says about them – https://drcraigcanapari.com/wake-windows

Moon Hour is a diary and planner that helps parents organise everyday life. Not a medical device; does not replace advice from a doctor or midwife.

Sources checked: November 2026 · Printed from https://moonhour.app/en/7-month-old-sleep-schedule.html