

wake



light



deep



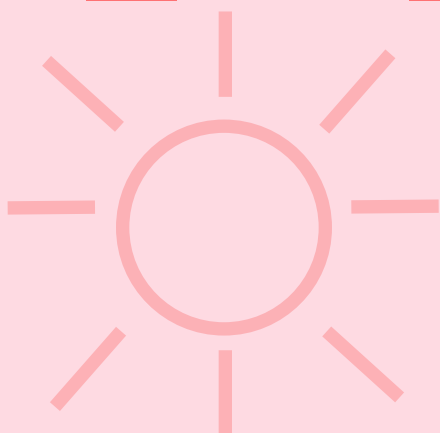
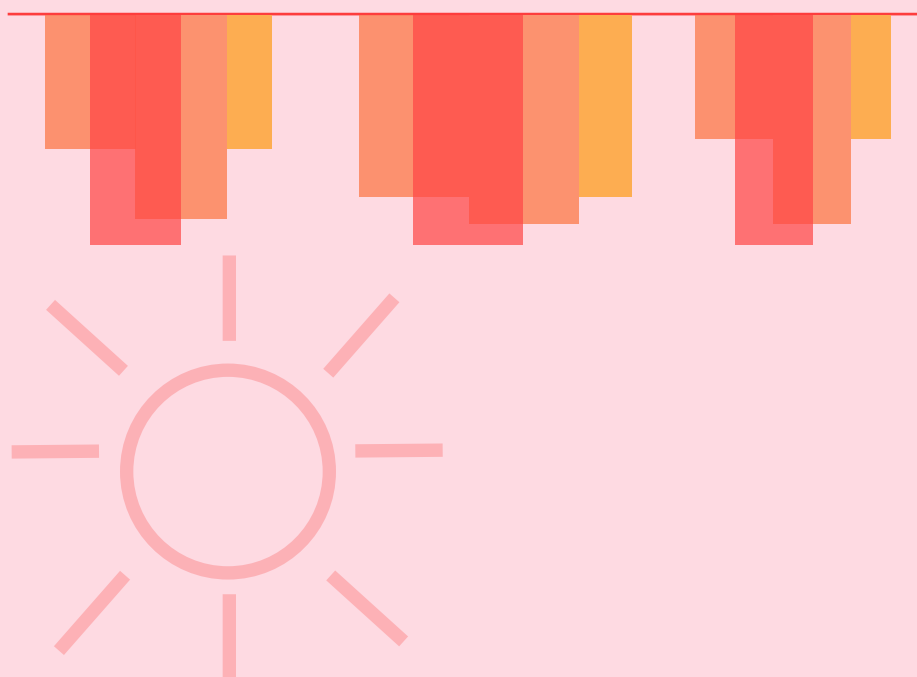
wake



light



deep





**9 h 15 mins**

Night sleep time

**6 h 30 mins**

Daytime nap

**15 h 45 mins**

Total sleep time

**28 db**

Noise

**8 h 30 mins**

Deep

**4 h**

Light

**3 h 15 mins**

Wake

**90**

Sleep score

### From doctors:

For 4–6 months babies, they will sleep more at night and have less naps during daytime. It is a good time to guide them to have a regular schedule

**Previous record**

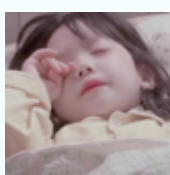




Search

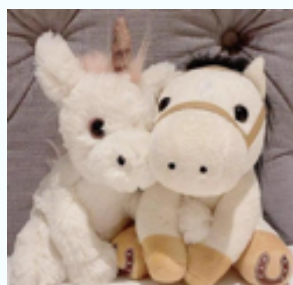
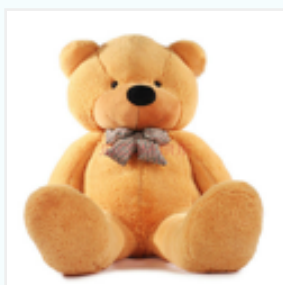


Tom's baby plane!



Serena

A new toy!

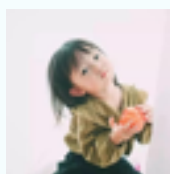


10 mins ago



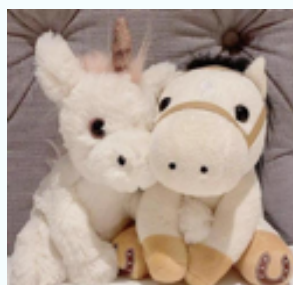
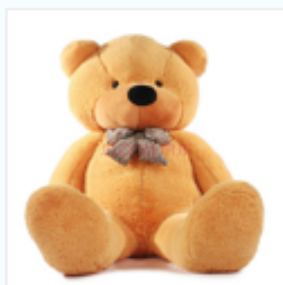
Tom Julia

Tom: So cute! Can I have the link?



Julia

A new toy!



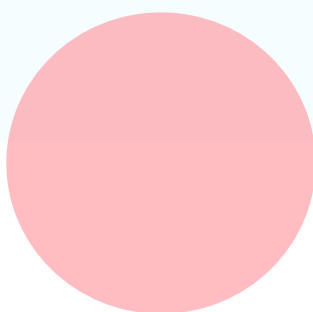
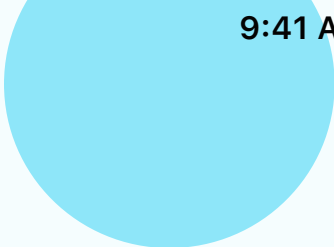
10 mins ago



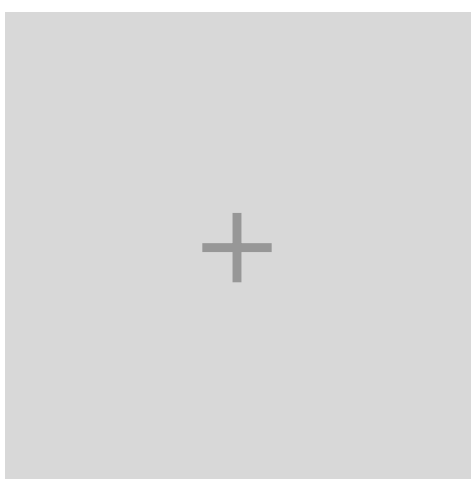
Tom Julia

Tom: So cute! Can I have the link?





Say something...



Location

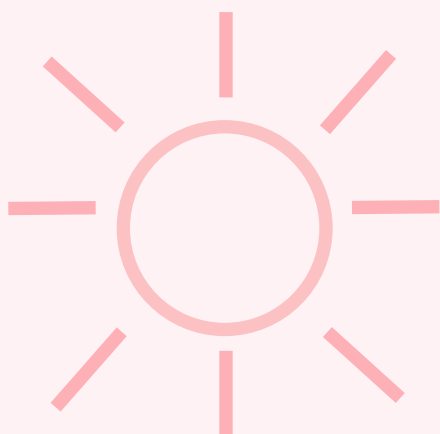


Mention

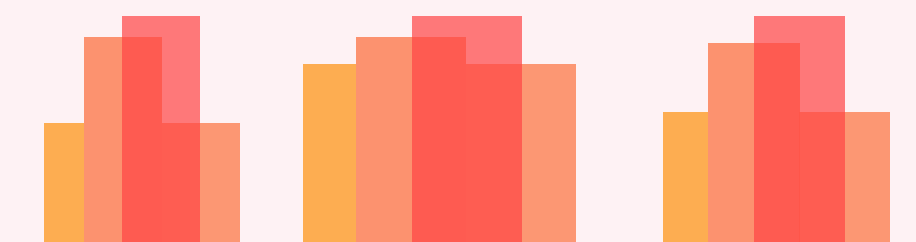


Share with





- wake
- light
- deep



Tap to go to sleep





- wake
- light
- deep



Tap when get up





**9 h 15 mins**

Night sleep time

**6 h 30 mins**

Daytime nap

**15 h 45 mins**

Total sleep time

**28 db**

Noise

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Deep

**4 h**

Light

**3 h 15 mins**

Wake

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Sleep score

### From doctors:

Sometimes mothers are lack of sellp, because mothers will be waken up by baby's crying during nitht. Doctors suggest fathers shoule help mothers to take care of babies. Mothers should guide baby's schedule.

**Previous record**



Sep 1

I'm 4 months old today !

4 months  
1 day

Sep 16

4 months  
16 days



I can see more colors . And this is my first time to hold my favorite purple elephant.

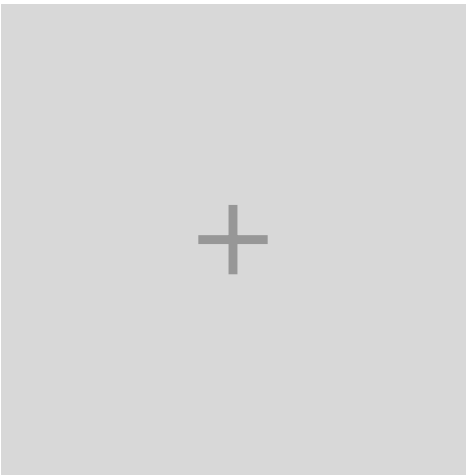
I can see more colors . And this is my first time to hold my favorite purple elephant.







Say something...



Location



Post on baby plant

