

Newborn night-feeds tracker.

Print one for each week. Mark each feed with: time | side or oz | diaper Y/N. The pattern that emerges across 7 nights tells you the longest stretch — the metric that matters in the first 8 weeks.

TIME	N1	N2	N3	N4	N5	N6	N7
7p							
8p							
9p							
10p							
11p							
12a							
1a							
2a							
3a							
4a							
5a							
6a							
7a							

LEGEND / SHORTHAND

L = left breast · **R** = right · **B** = both
 Or write oz/ml for bottle (e.g. **4oz**)
W = wet diaper · **D** = dirty · **WD** = both
 Mark ★ if feed felt restorative for baby

WHAT TO LOOK FOR AFTER 7 NIGHTS

Longest stretch: hours between any two feeds. Lengthens 30-60 min/week typically.

Cluster pattern: 2-3 close feeds early evening = normal cluster, not low supply.

Output: 6+ wet diapers per 24h after day 5 = adequate intake.

When to call the pediatrician: fewer than 6 wet diapers in 24h after day 5 · weight loss >10% of birth weight · baby sleeping >4h stretches before week 6 without waking to feed (some babies do, but flag it for a weight check).

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toolkit

Track for 1-2 weeks before drawing conclusions. Sample size of 1 night =
noise.