



BABY SLEEP SCHEDULE

3-Month-Old

3-month-olds will typically sleep for between 14-16 hours in a 24 hour period. They will have between 3-4 naps which can vary in length from 30 minutes to 2 hours.

TIME	ACTIVITY
7:00 am	Awake and Feed
8:30 am	Lullaby/Book and Nap
10.00 am	Awake and Feed
11:30 am	Lullaby/Book and Nap
12:30 pm	Awake and Feed
2:00 pm	Lullaby/Book and Nap
3:00 pm	Awake and Feed
4:30 pm	Lullaby/Book and Nap (generally tends to be a short catnap)
5:00 pm	Awake and Feed
6:30 pm	Bedtime Routine
7:00 pm	Bedtime