



BABY SLEEP SCHEDULE

4-Month-Old (3 Naps)

4-month-olds will typically sleep for between 12-16 hours in a 24 hour period.

They will have between 3-4 naps and night-time sleep may be consolidated into 6—8 hour stretches

TIME	ACTIVITY
7:00 am	Awake and Feed
8:45 am	Lullaby/Book and Nap
10:45 am	Awake and Feed
12:30 pm	Lullaby/Book and Nap
2:00 pm	Awake and Feed
4:00 pm	Lullaby/Book and Nap
5:00 pm	Awake and Feed
6:30 pm	Bedtime Routine incl Feed
7:00 pm	Bedtime