

Sample Schedule 0 - 2 Months

Recommended Awake Window: 45-60 Min

Total Naps: It will vary, focus on awake time between naps

Total Sleep Needs: 15-18 hours in 24 hours

7:00 am - Wake up, change, feed in a well-lit room, playtime

7:45 am - Nap #1

9:00 am - Wake from nap#1, change, feed, play and cuddle

9:45 am - Nap #2

11:00 am - Wake up from nap #2, change, feed, tummy time and free play

11:45 am - Nap #3

1:30 pm - Wake from nap #3, change, feed and take a walk

2:15 pm - Nap #4

4:00 pm - Wake up, change, feed, cuddle & tummy time

4:45 pm - Nap #5

5:30 pm - Wake, change, feed and family playtime

6:15 pm - Nap #6

7:00 pm - Wake from nap, change, feed and snuggle

7:30 pm - Kick-off bedtime routine, full feeding before bed (always lay baby down on their back in a calm, dark & safe sleep space)

8:30pm - In bed

Daily Sleep Guide

3 -4 MONTHS

Recommended Awake Window: 1.5 - 2 hours

Total Naps: 3-4 naps / day

Total Sleep Needs: 12-16 Hours in a 24 hour period

Sample Nap Schedule - 12 Weeks Old

7:00 am - Wake up, eat and playtime

8:30 am - Nap #1 in the crib

10:00 am - Wake up from Nap #1, feed, run errands

12/12:30 pm - Nap #2

1:30 pm - Wake up, feed, tummy time/rolling practice

3:30 pm - Nap #3

4:30 pm - Wake up, feed, take a walk

5:45pm - Optional Nap #4 (short nap)

6:15 pm - Wake up, feed and family play time

7:00 pm - Start bedtime routine & full feed before bed

7:45 pm - Bedtime

Daily Sleep Guide

5-6 MONTHS

Recommended Awake Window: 2.5 – 3 hours

Total Naps: 3 naps/day

Total Sleep Needs: 12-16 Hours in a 24-hour period

Sample Nap Schedule – 6 Months

7:00 am – Wake up, eat and playtime

8:00 am – Breakfast. Some may choose to introduce solids around 6 months (if instructed by pediatrician)

9:30 am – Nap #1 in the crib

11:00 am – Wake up, feed, tummy time and free play

12:00 pm – Lunch – if you are starting solids

1:30 pm – Nap #2

2:30 pm – Wake up, feed, go to the park, playtime

5:00 pm – Nap #3 (this may just be a little cat nap)

5:30 pm – Wake up, feed and family play time

6:30 pm – Start bedtime routine & full feed before bed

7:30 pm – Bedtime

Daily Sleep Guide

7-12 MONTHS

Recommended Awake Window: 3 – 3.5 hours

Total Naps: 2-3 naps/day

Total Sleep Needs: 12-16 hours in a 24-hour period

Sample Nap Schedule – 10 Months

7:00 am – Wake up, eat and playtime

8:00 am – Breakfast with solids

10:00 am – Nap #1

11:30 am – Wake up, feed, play date with friends

12:30 pm – Lunch with solids

2:30 pm – Nap #2

4:00 pm – Wake up, feed, baby music class

5:00 pm – Dinner with solids

6:30 pm – Start bedtime routine & full feed before

bed

7:00 pm – Bedtime

Daily Sleep Guide

13 MONTHS+

Recommended Awake Window: 4-5.5 hours

Totals Naps: 1 nap / day (possibly 2 initially)

Total Sleep Needs: 11-14 hours in a 24 hour period

Sample Nap Schedule – 15 Month Old

7:30 am – Wake up, Breakfast, and playtime

9:00 am – Activity

10:00 am – Snack

11:00 am – Free play and story time

11:30 am – Lunch

12:00 pm – Nap

2:00 pm – Wake up, eat a snack, outside play

6:00 pm – Dinner

7:00 pm – Start the bedtime routine

7:30 pm – Bedtime