

3 MONTHS OLD

7:00am - Wake
8:30am - 10:00am - Nap
11:30am - 1:00pm - Nap
2:30pm - 4:00pm - Nap
5:30pm - 6:30pm - Nap
8:00pm - Bedtime
Average amount of sleep in a 24hr period: 15.5 - 18 hours

4 MONTHS OLD

7:00am - Wake
8:30am - 10:00am - Nap
11:45am - 12:45pm - Nap
2:30pm - 3:30pm - Nap
5:15pm - 5:45pm - Nap
7:30pm - Bedtime
Average amount of sleep in a 24hr period: 15 - 16 hours

5 MONTHS OLD

7:00am - Wake
9:00am - 10:30am - Nap
12:30pm - 2:00pm - Nap
4:00pm - 5:00pm - Nap
7:00pm - Bedtime
Average amount of sleep in a 24hr period: 15 - 16 hours

6 MONTHS OLD

7:00am - Wake
9:00am - 10:00am - Nap
12:30pm - 1:30pm - Nap
4:00pm - 5:00pm - Nap
7:30pm - Bedtime
Average amount of sleep in a 24hr period: 14 - 15 hours

SAMPLE NAP SCHEDULES

Wake up times can be adjusted depending on your schedule, and then adjust the times of naps and bedtime to get the average 24hr sleep needed.

7-8 MONTHS OLD

3 Naps
7:00am - Wake
9:30am - 10:30am - Nap
1:00pm - 2:00pm - Nap
4:30pm - 5:30pm - Nap
8:00pm - Bedtime
Average amount of sleep in a 24hr period: 14 - 15 hours

10-14 MONTHS OLD

6:30am - Wake
10:00am - 11:30 - Nap
3:00pm - 4:00pm - Nap
7:00pm - Bedtime
Average amount of sleep in a 24hr period: 14 hours

9 MONTHS OLD

7:00am - Wake
10:00am - 11:30 - Nap
3:00pm - 4:00pm - Nap
7:30pm - Bedtime
Average amount of sleep in a 24hr period: 14 hours

7-8 MONTHS OLD

2 Naps
7:00am - Wake
10:00am - 11:30 - Nap
2:30pm - 4:00pm - Nap
7:00pm - Bedtime
Average amount of sleep in a 24hr period: 14 - 15 hours