



# BABY SLEEP SCHEDULE

## 4-Month-Old (4 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
8:15 am	Lullaby/Book and Nap
9:45 am	Awake and Feed
11:15 am	Lullaby/Book and Nap
12:45 pm	Awake and Feed
2:15 pm	Lullaby/Book and Nap
3:15 pm	Awake and Feed
4:30 pm	Lullaby/Book and Nap (generally tends to be a short catnap)
5:00 pm	Awake
6:30 pm	Bedtime Routine incl Feed
7:00 pm	Bedtime