








4 MONTH OLD SLEEP SCHEDULE

-3 SHORT NAPS-

	7 AM	Wake up & first feed
	9 AM	30-45 min nap, awake by 10 am
	10.30/11 AM	Feed, playtime before & after
	12 0' CLOCK	30-45 min nap, awake by 1 pm
	2/2.30 PM	Feed, playtime before & after
	3 PM	30-45 min nap, awake by 4 pm
	5/5.30 PM	Feed, bath after
	6/6.30 PM	Bedtime

Day sleep: 1.5-2.5 hours - Night sleep: 12.5-13 hours