

4 MONTH OLD SLEEP SCHEDULE

-4 SHORT NAPS-



7 AM

Wake up & first feed



1

8.45 AM

30-45 min nap, awake by 9.30 am



10 AM

Feed, playtime before & after



2

10.30 AM

30-45 min nap, awake by 11.30 am



12.30 PM

Feed, playtime before & after



3

1.15 PM

30-45 min nap, awake by 2.15 pm



3.30 PM

Feed, playtime before & after



4

4 PM

30-45 min nap, awake by 5 pm



6 PM

Feed, bath time after

6.45/7PM

Bedtime

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