

# 4 MONTH OLD SLEEP SCHEDULE

## -LONG LUNCHTIME NAP-



**7 AM**

Wake up & first feed

**1**

**9 AM**

30-45 min nap, awake by 10 am



**10.30 AM**

Feed, playtime before & after

**2**

**12 0' CLOCK**

2-2.5 hr nap, awake by 2.30 pm



**2.30 PM**

Feed, playtime before & after

**3\***

**4 PM**

Max 30 mins, awake by 5 pm



**6 PM**

Feed, bath after

**7 PM**

Bedtime

\*Optional nap, drop as and when necessary

Day sleep: 3 hours - Night sleep: 12 hours