








4 MONTH OLD SLEEP SCHEDULE

-LONG MORNING NAP-

	7 AM	Wake up & first feed
	9 AM	2 hour nap, awake by 11am
	11 AM	Feed, then playtime
	2 PM	30-45 min nap, awake by 3 pm
	3 PM	Feed, playtime before & after
	4.30 PM	Max 30 mins, awake by 5 pm
	5.30 PM	Feed, bath after
	7.30 PM	Bedtime

*Optional nap, drop as and when necessary

Day sleep: 2.45-3 hours - Night sleep: 11.5-12.5 hours