

# 3 MONTH SLEEP SCHEDULE

7 AM	Wake-up, change diaper & feed 1
7:30	Active/play
8:45	Check diaper & wind-down in sleep environment
9 - 9:45	Morning nap (max 45 minutes)
9:45	Wake-up, change diaper & active/play
11 AM	Feed 2 then active/play
11:45	Check diaper & wind-down in sleep environment
12 – 2:15 PM	Long lunchtime nap (max 2 hours 15 mins)
2:15	Wake-up, change diaper & active/play
2:30	Feed 3 then active/play
4:15	Check diaper & wind-down in sleep environment
4:30 - 5 PM	Afternoon nap (max 30 minutes)
5 PM	Wake-up, change diaper & active/play
5:15	Feed 4 followed by bath & quiet time
6:15	Second half feed 4 in sleep environment
6:45	Bedtime
10 PM	Check diaper & Dream feed
10:30	Back to bed