

3 MONTH OLD SLEEP SCHEDULE

Day sleep: 3.5 hours

Night sleep: 12 hours

BUSYBLOOMINGJOY.COM




7 AM

Wake up & first feed



9 - 9.45 AM

Start wind-down 8.45 am
45 min nap, awake by 9.45 am



11 AM

Feed 2



12 - 2.15 PM

Start wind-down 11.45am,
2.15 hour nap, awake by 2.15 pm




2.30 PM

Feed 3



4.30 - 5 PM

Start wind-down 4.15 pm
30 min nap, awake by 5 pm



5.15 & 6.15 PM

Split feed with bath in middle -
2nd half in wind-down mode



6.45 PM

Bedtime



10 PM

Dream Feed as split feed with
playtime in middle



10.45 PM

Night sleep

3 month baby sleep schedule






sleep guide

Day sleep: 3.5 hours

Night sleep: 12 hours

TOTAL SLEEP: 14-15 hours

Wake windows: 2 hours

TIME	DETAILS	CHANGES TO SCHEDULE FROM 3 MONTHS TO 4 MONTHS
 7 am	Feed 1	
 8.45 am 9 – 9.45 am	<i>Wind-down</i> Morning nap (max 45 mins)	Reduce morning nap to 30 mins, awake by 10am
 11 am	Feed 2	
 11.45 pm 12–2.15 pm	<i>Wind-down</i> Lunchtime nap (max 2 1/4 hours)	
 2.30 pm	Feed 3	
 4.15pm 4.30–5 pm	<i>Wind-down</i> Afternoon nap (max 30 mins)	Cat nap of 10/15 mins max - walk in buggy works well - or drop altogether
 5.15 pm + 6.15 pm	Split feed with bath in middle 2nd half in wind-down mode	Push first half of feed back and then drop altogether, so single feed at 6pm
 6.45 – 10 pm	Night sleep	Push bedtime to 7 pm
 10 pm	Dream feed	
 10.30 pm – 7 am	Night sleep	

notes

- **At end of naps & night sleeps**, 10 mins before nap end encourage natural wake-up: open curtains, unswaddle etc
- **For wind-down:** check diaper, swaddle & take to sleep environment
- Feeding “in wind-down mode” - check diaper, swaddle, then feed in magical sleep environment and settle
- **Night feeds:** minimise stimulation but ensure baby takes decent feed
- *Start when baby comfortable with 3 month schedule