



# Sample Sleep Schedules

## *3 to 10 Months*

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*Breezy Baby*  
SLEEP SOLUTIONS

# Helpful Tips and Tricks

Age	Total recommended sleep (naps & nights) ('may be appropriate' range underneath)
0-3 months	14-17 hours 11-19 hours
4-11 months	12-15 hours 10-18 hours

## *Signs of too much sleep pressure:*

- Being cranky, fragile and upset during their awake times (when it isn't illness, teething, etc.)
- Crying or resisting sleep despite being clearly exhausted
- Waking upset shortly after falling asleep (false starts)
- Frequent wakes where they are upset and struggle to truly settle, or may settle quickly but wake again soon after

## *What to do:*

Try offering sleep earlier than usual or shortening wake windows - start with shaving off just 10-15 minutes and see how they go! Focus on low-stimulation wind-down activities before sleep. **Offer contact naps or motion to support some more sleep**

## *Signs baby may need more sleep pressure:*

- Taking 20+ minutes to fall asleep (but not cranky and upset - think chatty and alert!)
- Waking up after a short nap happy and ready to get up
- False starts after bedtime where it's like they treated bedtime as a nap and are ready to get up again
- Early rising - alert and chatty and ready to play!

## *What to do:*

Try slightly lengthening wake windows - start with just 10-15 minutes on each awake window and see how they go! Increase sensory play and movement during awake time to build sleep pressure - get outside if you can!

**Watch for baby's tired signs rather than the clock**

# SAMPLE 3-4 MONTH SLEEP SCHEDULE WITH 3 NAPS

Wake windows: ~1.5 - 2 hours

Time	Task/Activity
6:45 AM	Wake up
7:00 AM	Feed
8:15 / 8:30 AM	Nap 1 begins
9:45 / 10:00 AM	Wake up from nap 1 / feed
11:15 / 11:30 AM	Nap 2 begins
12:45 / 1:00 PM	Wake up from nap 2 / feed
2:15 / 2:30 PM	Nap 3 begins
3:45 / 4:00 PM	Wake up from nap 3 / feed
5:15-5:40 PM	Cat nap
6:30 / 6:45 PM	Bedtime routine
7:00 PM	Lay down in crib

➔ If you need to get out of the house, the 3rd (or 4th) nap of the day is often the perfect one to do on the go. This nap can be taken in a carrier, stroller, or car seat while you run errands or go for a walk. Just make sure your baby is safe and comfortable

# SAMPLE 5-6 MONTH SLEEP SCHEDULE WITH 3 NAPS

Wake windows: ~2 - 2.5 hours

Time	Task/Activity
7:30- 8:00 AM	Wake up and feed
9:45 AM	Nap 1 begins
11:15 AM	Wake up from nap 1 / feed
12:30 PM	Activity time
1:30 PM	Nap 2 begins
3:00 PM	Wake up from nap 2 / feed
4:30 PM	Cat nap
5:15 PM	Wake up from nap 3
6:45 PM	Begin bedtime routine / feed
7:30 PM	Lay down in crib

➔ These schedules are just suggestions! Not every nap will happen exactly on time, and that's okay. The goal is to keep total daytime sleep around 3-4 hours to avoid interfering with nighttime sleep.

# SAMPLE 7-8 MONTH SLEEP SCHEDULE WITH 2 NAPS

Wake windows: ~2.5 - 3 hours

Time	Task/Activity
7:30 AM	Wake up / feed
8:30 AM	Breakfast / solids
10:00 AM	Nap 1 begins
11:30 AM	Wake up from nap 1 / feed
12:30 PM	Lunch / solids
2:30 PM	Nap 2 begins
4:00 PM	Wake up from nap 2 / feed
5:30 PM	Activity time
7:00 PM	Bedtime routine
7:30 PM	Lay down in crib

➔ These are flexible guidelines! The goal is to aim for about 2.5–3.5 hours of total daytime sleep. If naps are shorter or longer, adjust bedtime as needed to avoid over-tiredness.

# SAMPLE 9-10 MONTH SLEEP SCHEDULE WITH 2 NAPS

Wake windows: ~3 - 3.5 hours

Time	Task/Activity
7:00 AM	Wake up / feed
8:00 AM	Breakfast / solids
9:30 AM	Nap 1 begins
11:00 AM	Wake up from nap 1 / feed
12:00 PM	Lunch / solids
2:30 PM	Nap 2 begins
4:00 PM	wake up from nap 2 / feed
5:30 PM	Dinner / solids
6:45 PM	Bedtime routine
7:30 PM	Lay down in crib

➔ Keep in mind that not every day will look the same! Aim for around 2.5–3 hours of total daytime sleep. If naps are short, you may need to adjust bedtime earlier.

# Aim for progress, not perfection!



You're making steady progress,  
and that's what counts. Each night  
of improved sleep is a step in the  
right direction **You've got this!**

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