

SLEEP AT LAST

Daily Sleep Guide

3-4 MONTHS

Recommended Awake Window: 1.5 – 2 hours

Total Naps: 3-4 naps / day

Total Sleep Needs: 12-16 Hours in a 24 hour period

Sample Nap Schedule

7:00 am – Wake up, eat, and playtime

8:30 am – Nap #1 in the crib

10:30 am – Wake up from Nap #1, feed, read books, play

12:00 pm – Nap #2

1:30 pm – Wake up, feed, and the tummy time practice

3:00 pm – Nap #3

4:00 pm – Wake up, feed, take a walk

5:15 pm – Nap #4

5:45 pm – Wake up, feed, and family playtime

6:30 pm – Start bedtime routine with full feed before bed

7:00 pm – Bedtime

*Visit SleepatLast.net to learn more
& schedule your free sleep evaluation!*