

# 3 Months Old



7:00am



WAKE

8:30am-10:00am



NAP

11:30am-1:00pm

NAP

2:30pm-4:00pm



NAP

5:30pm-6:30pm

NAP

8:00pm

BEDTIME



Average Amount of Sleep in a 24-hour Period: 15.5-18 Hours




Wake times: 1.5 Hours



Calm Kids  
SLEEP CONSULTING  
By Andrea Cipriani

# 4 Months Old



7:00am	 WAKE
8:30am-10:00am	NAP
11:45am-12:45pm	NAP
2:30pm-3:30pm	NAP
5:15pm-5:45pm	 CAT NAP 
7:30pm	 BEDTIME



**Average Amount of Sleep in a 24-hour Period: 15-16 Hours**

**Wake times: 1.5-1.75 hours**

# 5 Months Old



7:00am	 WAKE
9:00am-10:30am	NAP
12:30pm-2:00pm	NAP
4:00pm-5:00pm	NAP
7:00pm	 BEDTIME 

Average Amount of Sleep in a 24-hour Period: 15-16 Hours

Wake times: 2 Hours

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# 6 Months Old



7:00am	 WAKE
9:00am-10:00am	NAP
12:30pm-1:30pm	NAP
4:00pm-5:00pm	NAP
7:30pm	 BEDTIME

Average Amount of Sleep in a 24-hour Period: 14-15 Hours

Wake times: 2-2.5 hours







# 7 Months Old



## Three-Nap Schedule

7:00am	 WAKE
9:30am-10:30am	NAP
1:00pm-2:00pm	NAP
4:50pm-5:30pm	NAP
8:00pm	 BEDTIME

## Two-Nap Schedule

7:00am	 WAKE
10:00am-11:30am	NAP
2:30pm-4:00pm	NAP
7:00pm	 BEDTIME

Average Amount of Sleep in a 24-hour Period: 14-15 Hours

Wake times: 2.5-3 Hours





# 8 Months Old



7:00am	 WAKE
10:00am-11:30am	NAP
2:30pm-4:00pm	NAP
7:00pm	BEDTIME 

Average Amount of Sleep in a 24-hour Period: 14-15 Hours

Wake times: 3 Hours





# 9 Months Old



7:00am	 WAKE
10:00am-11:30am	NAP
3:00pm-4:00pm	NAP
7:30pm	BEDTIME 

Average Amount of Sleep in a 24-hour Period: 14 Hours

Wake times: 3-3.5 Hours





# 10-14 Months Old



6:30am		WAKE
10:00am-11:30am		NAP
3:00pm-4:00pm		NAP
7:00pm		BEDTIME

Average Amount of Sleep in a 24-hour Period: 14 Hours

Wake time: 3-3.5 hours





# 15-18 Months Old



<b>7:00am</b>	 <b>WAKE</b>
<b>12:00pm-2:00pm</b>	<b>NAP</b>
<b>7:30pm</b>	 <b>BEDTIME</b>

**Average Amount of Sleep in a 24-hour Period: 13.5 Hours**

**Wake times: 5-5.5 Hours**

