

# 0-3 Month Routine

**6-9 AM**

Wake Up

**45-60  
Minutes**

Begin Nap 1

**45-60  
Minutes**

After wake-up from Nap  
1 – Begin Nap 2

**45-60  
Minutes**

After wake-up from Nap  
2 – Begin Nap 3

**45-60  
Minutes**

After wake-up from Nap  
3 – Begin Nap 4

**45-60  
Minutes**

After wake-up from Nap  
4 – Possible Nap 5

**6-9 PM**

Bedtime

Daytime sleep: 5-7 hours

Nighttime sleep: 11-12 hours

1-3 night feeds