

4 Month Routine

6-7 AM

Wake Up

1-1.5 hours

Begin Nap 1

1-1.5 hours

After wake-up from Nap
1 – Begin Nap 2

1-1.5 hours

After wake-up from Nap
2 – Begin Nap 3

1-1.5 hours

After wake-up from Nap
3 – Begin Nap 4

1-1.5 hours

After wake-up from Nap
4 – Possible Nap 5

6-7 PM

Bedtime

Daytime sleep: 3-4 hours

Nighttime sleep: 11-12 hours

1-2 night feeds