

Your Guide

Age based sleep schedules 4 month - 3-5 years

Jess Hughes | Certified Infant & Child Sleep Consultant



4 Months

3.5 – 4hrs total day sleep

7:00am awake

8:45am wind down

9:00am nap_1

10:00am awake

11:45am wind down

12:00pm nap_2

2/2:30pm awake

4/4:30pm nap_3

5:00pm awake

6:30pm wind down

7:00pm bedtime

5 Months

3 – 3.5hrs total day sleep

7:00am awake

9:00am wind down

9:15am nap_1

10:00am awake

12:00pm wind down

12:15pm nap_2

2:15pm awake

4:30pm nap_3

5:00pm awake

6:30pm wind down

7:00pm bedtime

6/7 Months

2.5 – 3.5hrs total day sleep

7:00am awake

9:15am wind down

9:30am nap_1

10:00am awake

11:30am lunch (milk should still be a priority)

12:15pm wind down

12:30/1:00pm nap_2

2:30/3:00pm awake

4:30pm nap_3 (cap at 20 mins)

5:00pm awake

5:30pm dinner (milk should still be a priority)

6:30pm wind down

7:00pm bedtime

8 – 14/18 Months

2.5 – 3hrs total day sleep

7:00am awake

7:30am breakfast

9:15am wind down

9:30am nap_1

10:00am awake

11:30am lunch

12:15pm wind down

12:30/1:00pm nap_2

2:30/3:00pm awake

5:00pm dinner

6:00pm wind down

6:30/7:00pm bedtime

14/18 Months – 2.5/3 Years

0 – 2.5hrs total day sleep

7:00am awake

7:30am breakfast

9:30am morning tea

11:30am lunch

12:15pm wind down

12:30/1:00pm nap_1

2:30/3:00pm awake

3:00pm afternoon tea

5:30pm dinner

6:30pm wind down

7:00pm bedtime

3 – 5 Years

If your little one has successfully dropped their day nap

7:00am awake

7:30am breakfast

10:00am morning tea

12:30pm lunch

3:00pm afternoon tea

5:30pm dinner

6:30pm bedtime snack

7:00pm wind down

7:30pm/8:00pm bed time