



3 MONTH OLD BABY SLEEP GUIDE

The right bedtime:

7:30 - 9 pm

Total sleep in 24 hours:

13-15 hours

Night Feeds:

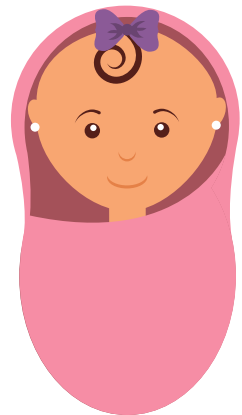
2-3

Night Sleep:

9-11 hours

Naps

- After 1.5-2 hours awake time
- 3-5 naps daily
- Nap lengths can vary



TIPS:

- Baby's growth & weight gain will determine # of night feeds needed.
- Now is a great age to start a bedtime routine.
- No more swaddling or sleeping in a bassinet when baby starts rolling