



# 4 MONTH OLD BABY SLEEP GUIDE

## The right bedtime:

7:30 - 9 pm

## Total sleep in 24 hours:

13-15 hours

## Night Feeds:

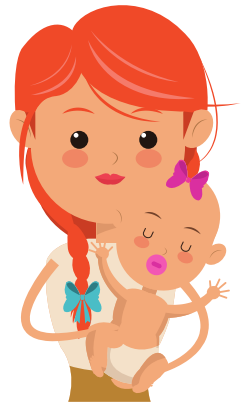
1-3

## Night Sleep:

9-11 hours

## Naps

- After 1.5-2.5 hours awake time.
- 3-4 naps daily. Nap lengths can vary.
- Many babies transition from 4 to 3 naps at this age



## TIPS:

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- Baby's growth & weight gain will determine # of night feeds needed.
- Expect a rough patch with the 4 month sleep regression.
- No more swaddling or sleeping in a bassinet when baby starts rolling