



# 3 MONTH OLD BABY SLEEP GUIDE

## The right bedtime:

7:30 - 9:30 pm

## Total sleep in 24 hours:

13-16 hours

## Night Feeds:

2-3

## Night Sleep:

9-11 hours

## Naps

- After 1-2 hours awake time
- 3-5 naps daily
- Nap lengths can vary



## TIPS:

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- 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