

ULTIMATE BABY SLEEP SCHEDULE GUIDE (0-12 MONTHS)



I promise becoming a parent doesn't mean sleepless nights forever!



Sleep Train
WITH CONFIDENCE

Welcome to Your Baby's Sleep Journey!

Sleep is one of the most important aspects of your baby's growth and development. This guide provides a month-by-month breakdown of sample sleep schedules, wake windows, and expert tips to help your baby (and you!) get the best rest possible. Because we all know we are not our best selves when we don't get enough sleep.

Important tip

With consistency and some detective work you'll find your rhythm and a schedule that works best for them!

Keep in mind my R.E.S.T Framework for the full sleep training picture. Establish a consistent Routine, perfect their Environment, use an age appropriate Schedule and implement a suitable Training method to teach independent sleep skills.

You can learn more about this at:

www.Sleeptrainwithconfidence.ca or
[@sleeptrainwithconfidence](https://www.instagram.com/sleeptrainwithconfidence) on instagram



Each baby is unique, so how do I determine MY baby's schedule?



1. Have a look at the age-appropriate suggested schedules in this guide and loosely plan out the day
2. Then 20-30mins before the typical wake window is up, look out for these cues:
Calm and peaceful demeanor, staring off/uninterested in playing, early yawns, sighs or tired looking eyes.
3. Write down when you noticed the sleepy cues and right away do your nap/bedtime routine. Remember to note when they actually fell asleep. Were they already overtired? Reduce the time by 10mins next time, did it take them a long time to fall asleep and you think they weren't tired enough, try 10minutes later, the process will take time.

Disclaimer: This guide is for informational purposes only and does not constitute medical advice. Always consult a pediatrician or healthcare professional regarding your child's specific needs.

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Wake Windows: 45–90 min

Naps: 4–6 naps (30 min–2 hrs)

Night Sleep: 8–10 hrs (with feeds)

Total Sleep: 14–17 hrs

0–3 months the focus should be on resting, recovering and bonding. Please don't stress about sleep training. Cuddle, nurse, rock your baby to sleep however works best for your family.

Sample Schedule	Time
Wake up	7am
1st nap	8:15–9:15am
2nd nap	10:30–11:30am
3rd nap	1:00–2:00pm
4th nap	3:30–4:30pm
5th nap	5:30–6:00 (for some)
bedtime	8:00pm

*Truthfully, I didn't want to put a schedule here but everyone wants one. I'm sorry but this isn't the season of predictable nap lengths or following the clock. Wake windows work best and bedtime could be closer to 10–11pm and that's A-Ok!

Tips

- ✓ Newborns have day/night confusion—expose them to natural light during the day.
- ✓ Keep wake windows short to avoid overtiredness.
- ✓ Night feeds are expected; focus on full feedings to extend sleep stretches.



Wake Windows: 1.5–2 hrs

Naps: 3–4 naps (30 min–2 hrs)

Night Sleep: 10–12 hrs (with feeds)

Total Sleep: 14–16 hrs

Around the 4–5 month stage baby will likely move to a 3 nap schedule, especially as you work on nap lengthening. Night feeds are still expected at this age.

Schedule	Time
Wake up	7am
1st nap	8:30–10:00am
2nd nap	12:00–2:00pm
3rd nap	4:00–5:30pm
bedtime	7:30pm

Schedule	Time
Wake up	6:30am
1st nap	8:00–9:00am
2nd nap	11:00–1:00pm
3rd nap	3:00–3:30pm
4th nap	5:15–5:45
bedtime	7:45pm

The 4 Month Sleep Regression

- ✓ Baby's sleep cycles are maturing, bringing lighter sleep phases into the mix therefore learning to transition between sleep cycles will be a game changer.
- ✓ Introduce a consistent routine, create a calm sleep environment and really tune in to wake windows
- ✓ This is a great time to sleep train before habits are formed

5M



Wake Windows: 2–2.5 hrs

Naps: 3 naps (1–2 hrs each)

Night Sleep: 10–12 hrs (with feeds)

Total Sleep: 13–16 hrs

At 5 months baby will likely move to a 3 nap schedule, especially as you work on nap lengthening. Babies become more aware of their hands and may start reaching for objects (including pacifier). This can be a great time to introduce a safe, small lovey for sleep associations.

Schedule	Time
Wake up	7am
1st nap	9:00–10:30am
2nd nap	12:30–2:00pm
3rd nap	4:00–5:00pm
bedtime	7:30pm

Schedule	Time
Wake up	7:00am
1st nap	9:00–9:30am
2nd nap	11:30–12:30pm
3rd nap	2:30–3:30pm
bedtime	6:00pm

Tips

✓ If baby begins to roll, it's time to drop the swaddle. You can transition out of the swaddle one arm at a time.

✓ While we always place baby on their backs to sleep, if they roll over it's okay to leave them once they have mastered this skill.

✓ Sleep sacs are a great option from now until they move into their big kid bed.



Wake Windows: 2-3 hrs

Naps: 2-3 naps (1-2 hrs each)

Night Sleep: 10-12 hrs (with feeds)

Total Sleep: 13-16 hrs

Some babies at 6 months start to protest that 3rd nap and move to a 2 nap schedule but many will have a similar schedule as last month. Teething generally starts at this time and there is a sleep regression, so hang in there!

Schedule	Time
Wake up	7am
1st nap	9:00-10:30am
2nd nap	12:30-2:00pm
3rd nap	4:00-5:00pm
bedtime	7:30pm

Schedule	Time
Wake up	7:00am
1st nap	9:00-10:30am
2nd nap	1:00-3:00pm
bedtime	6:00pm

Tips

- ✓ If baby fights the second nap, try shortening the first nap or lengthening wake windows. At this age some babies prefer wake windows of 2/3/3.5 (+/- 30mins) with the largest window before bed.
- ✓ If baby has early wakings, check bedtime - some need an earlier bedtime to prevent over-tiredness.
- ✓ Sleep sacs are a great option from now until they move into their big kid bed.



Wake Windows: 3–3.5 hrs or (2/3/4)

Naps: 2 naps (1–1.5 hrs each)

Night Sleep: 10–12 hrs

Total Sleep: 13–15 hrs

Finally we've reached the 2 nap stage where we can be on a fairly consistent schedule for a few months after what feels like a whirlwind of schedule changes since babe was born – enjoy! Once sleep trained you can move towards a clock based schedule instead of always counting wake windows at this point.

Schedule	Time	Schedule	Time
Wake up	7:00am	Wake up	6:30am
1st nap	9:00–10:45am	1st nap	9:00–10:30am
2nd nap	2:00–4:00pm	2nd nap	1:00–2:30pm
bedtime	7:00pm	bedtime	6:30pm

Tips

- ✓ If bedtime is too late, cap Nap 2 at 1 hour.
- ✓ Expect some nap resistance during this transition. Stick with 2 naps and extend wake windows gradually.
- ✓ The 8–10 month sleep regression may cause temporary disruptions due to motor and cognitive leaps—stay consistent while they practice!

10-12M



Wake Windows: 3.5-4.25 hrs

Naps: 2 naps (1-1.25 hrs each)

Night Sleep: 10-12 hrs

Total Sleep: 13-15 hrs

From 10-12 months wake windows are fairly consistent around 3,3,3 or some like a 2,3,4hr schedule. Keep an eye on your baby's cues especially for the first nap of the day to determine their preference. As baby grows you'll see naps gradually shorten over time as they approach a 1 nap schedule around 14 months.

Schedule	Time
Wake up	7:00am
1st nap	10:00-11:30am
2nd nap	2:30-4:00pm
bedtime	7:00pm

Schedule	Time
Wake up	7:00am
1st nap	9:00-11:00am
2nd nap	2:00-3:00pm
bedtime	7:00pm

Tips

- ✓ Some babies may start resisting Nap 2. This is the early sign of the 1-nap transition, which happens between 12-18 months.
- ✓ If baby fights Nap 2, cap Nap 1 at 1 hour.
- ✓ Keep bedtime no later than 7:30 PM to avoid overtiredness.

Final Thoughts & Sleep Success Tips

📌 Wake Windows Matter: Follow wake times closely to prevent overtiredness, which leads to night wakings.

📌 Consistency is Key: Stick with routines to support sleep habits.

📌 Environment Matters: Use blackout curtains and white noise for the best sleep conditions.

📌 Expect Regressions: Growth spurts and new milestones (like crawling and walking) can cause temporary sleep disturbances. Stay consistent, and sleep will improve!



Thank you!

Need Personalized Sleep Support?

If you need 1:1 coaching, Sleep Train with Confidence is here to help!

Book a free discovery call today

Visit www.sleeptrainwithconfidence.ca for expert sleep plans and support.

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