

Baby Nap Schedule

Cheat Sheet

FOR BETTER NAPS

SAMPLE SCHEDULES • FLEXIBLE & REALISTIC

4-6
MONTHS



	7:00 AM	Wake + Feed
	8:30-9:30 AM	Nap 1
	11:30-12:30 PM	Nap 2
	2:30-3:30 PM	Nap 3
	5:00-5:30 PM	Nap 4
	7:00-8:00 PM	Bedtime




7-9
MONTHS



	7:00 AM	Wake + Feed
	9:30-10:45 AM	Nap 1
	2:00-3:15 PM	Nap 2
	6:30-7:30 PM	Bedtime

10-12
MONTHS



	7:00 AM	Wake + Feed
	10:00-11:15 AM	Nap 1
	2:30-3:45 PM	Nap 2
	7:00-7:30 PM	Bedtime