

UPCHILD SLEEP SOLUTIONS

Sample Schedule 0 – 2 Months

Recommended Awake Window: 45-60 Min

Total Naps: It will vary, focus on awake time between naps

Total Sleep Needs: 15-18 Hours per day

7:00 am - Wake up, change, feed in a well-lit room, playtime

7:45 am - Nap #1

9:00 am - Wake from nap 1, change, feed, play, and cuddle

9:45 am - Nap #2

11:00 am - Wake up from nap 2, change, feed, play

11:45 am - Nap #3

1:30 pm - Wake from nap #3, change, feed, and take a walk

2:15 pm - Nap #4

4:00 pm - Wake up, change, feed, cuddle & tummy time

4:45 pm - Nap #5

5:30 pm - Wake, change, feed, and family playtime

6:15 pm - Nap #6

7:00 pm - Wake from a nap, change, feed, and snuggle

7:30 pm - Kick-off bedtime routine, full feeding before bed
(always lay baby down on their back in a calm, dark & safe sleep space)

10:00 pm - *Optional dream feed* through 8 weeks, then recommended you wean from that as their body clock starts to regulate.

UPCHILD SOLUTIONS

Daily Sleep Guide

3 -4 MONTHS

Recommended Awake Window: 1.5 - 2 hours

Total Naps: 3-4 naps / day

Total Sleep Needs: 12-16 Hours in a 24 hour period

Sample Nap Schedule

7:00 am - Wake up, eat, and playtime

8:30 am - Nap #1

10:00 am - Wake up from Nap #1, feed and play

11:30 pm - Nap #2

12:30 pm - Wake up, feed, and then tummy time practice

2:00 pm - Nap #3

3:00 pm - Wake up, feed, take a walk

4:30 pm - Nap #4

5:00 pm - Wake up, feed and family playtime

6:30 pm - Start bedtime routine & full feed before bed

7:00 pm - Bedtime

UPCHILD SOLUTIONS

Daily Sleep Guide

5-6 MONTHS

Recommended Awake Window: 2.5 - 3 hours

Total Naps: 3 naps / day

Total Sleep Needs: 12-15 Hours in a 24 hour period

Sample Nap Schedule

7:00 am - Wake up, feed milk, and playtime

8:00 am - Breakfast. Some may choose to introduce solids around 6 months (if instructed by pediatrician)

9:30 am - Nap #1

11:00 am - Wake up, feed, tummy time and free play

12:00 pm - Lunch - if you are starting solids

1:30 pm - Nap #2

2:30 pm - Wake up, feed, go to the park, playtime

5:00 pm - Nap #3

5:30 pm - Wake up, feed and family play time

7:30 pm - Start bedtime routine & full feed before bed

8:00 pm - Bedtime

UPCHILD SOLUTIONS

Daily Sleep Guide

7-12 MONTHS

Recommended Awake Window: 3 - 3.5 hours

Total Naps: 2-3 naps / day

Total Sleep Needs: 12-14 hours in a 24 hour period

Sample Nap Schedule

7:00 am - Wake up, feed milk and playtime

8:30 am - Breakfast with solids

10:00 am - Nap #1

11:30 am - Wake up, feed milk and playtime

1:00 pm - Lunch with solids

2:30 pm - Nap #2

4:00 pm - Wake up, feed and playtime

5:30 pm - Dinner with solids

7:00 pm - Start bedtime routine & full feed before bed

7:30 pm - Bedtime

UPCHILD SOLUTIONS

Daily Sleep Guide

13 MONTHS+

Recommended Awake Window: 4-5.5 hours

Total Naps: 1 nap/day (possibly 2 initially)

Total Sleep Needs: 11-14 hours in a 24 hour period

Sample Nap Schedule

7:00 am - Wake up, Breakfast and playtime

9:00 am - Activity / school

10:00 am - Snack (milk is optional)

11:00 am - Free play and storytime

12:00 pm - Lunch

12:30 pm - Nap #1 - Lay down awake to settle

3:00 pm - Wake up, have a snack and outdoor play

6:00 pm - Dinner

7:00 pm - Start the bedtime routine

7:30 pm - Bedtime

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