



SLEEPY BABY COACH

sample schedules by age

1-1 Customized Sleep Support | Virtual or In-Home | Not a Cry-It-Out Program





SAMPLE SCHEDULE 0-2 MONTHS OF AGE

WAKE WINDOW: 45MIN-60MIN
NUMBER OF NAPS: 5-6
TOTAL SLEEP NEEDS IN 24HRS: 15-18HRS



ADELA

TIME	ACTIVITY
8:00AM	Wake up, diaper change, feed, playtime
9:00AM	Nap #1
11:00AM	Wake up from nap, change diaper, feed, playtime
12:00PM	Nap #2
1:00PM	Wake up from nap, change diaper, feed, playtime
2:00PM	Nap #3
3:00PM	Wake up from nap, change diaper, feed, playtime
4:00PM	Nap #4
5:00PM	Wake up from nap, change diaper, feed, playtime
6:00PM	Nap #5
7:00PM	Wake up from nap, change diaper, feed, playtime
8:00PM	Bedtime (bedtime routine begins 30 minutes prior)



SAMPLE SCHEDULE 3-4 MONTHS OF AGE

WAKE WINDOW: 1.5-2HRS
NUMBER OF NAPS: 3-4
TOTAL SLEEP NEEDS IN 24HRS: 12-16HRS



ADELA

TIME	ACTIVITY
7:00AM	Wake up, diaper change, feed, playtime
8:30AM	Nap #1
10:00AM	Wake up from nap, change diaper, feed, playtime
11:30AM	Nap #2
12:30PM	Wake up from nap, change diaper, feed, playtime
2:00PM	Nap #3
3:00PM	Wake up from nap, change diaper, feed, playtime
5:00PM	Nap #4
5:30PM	Wake up from nap, change diaper, feed, playtime
7:30PM	Bedtime (bedtime routine begins 30 minutes prior)



SAMPLE SCHEDULE 5-6 MONTHS OF AGE

WAKE WINDOW: 2.5-3HRS
NUMBER OF NAPS: 3
TOTAL SLEEP NEEDS IN 24HRS: 12-16HRS



ADELA

TIME	ACTIVITY
7:00AM	Wake up, diaper change, feed, playtime
9:30AM	Nap #1
10:45AM	Wake up from nap, change diaper, feed, playtime
1:00PM	Nap #2
1:45PM	Wake up from nap, change diaper, feed, playtime
4:00PM	Nap #3
4:45PM	Wake up from nap, change diaper, feed, playtime
7:00PM	Bedtime (bedtime routine begins 30 minutes prior)



SAMPLE SCHEDULE 7-12 MONTHS OF AGE



ADELA

WAKE WINDOW: 3-3.5HRS
NUMBER OF NAPS: 2
TOTAL SLEEP NEEDS IN 24HRS: 12-16HRS

TIME	ACTIVITY
7:00AM	Wake up, diaper change, feed, playtime
10:00AM	Nap #1
11:30AM	Wake up from nap, change diaper, feed, playtime
12:00PM	Lunch
2:30PM	Nap #2
4:00PM	Wake up from nap, change diaper, feed, snack, playtime
6:00PM	Dinner
7:00PM	Bedtime (bedtime routine begins 30 minutes prior)



SAMPLE SCHEDULE 13-24 MONTHS OF AGE



ADELA

WAKE WINDOW: 4-4.5HRS
NUMBER OF NAPS:1
TOTAL SLEEP NEEDS IN 24HRS: 11-14HRS

TIME	ACTIVITY
7:00AM	Wake up, diaper change, feed, playtime
11:30AM	Lunch
12:30PM	Nap
3:00PM	Wake up from nap, change diaper, feed, snack, playtime
6:00PM	Dinner
7:00PM	Bedtime (bedtime routine begins 30 minutes prior)