Sleep Schedules, Simplified

your month-by-month guide to better sleep



www.beforedawnsleep.ca



Hello there!

Before Dawn
PEDIATRIC SLEEP CONSULTING

I created this guide as a starting point for tired, overwhelmed parents navigating the endless (and often conflicting) advice on baby sleep.

One of the biggest issues I see when working with families is timing. Many babies simply aren't tired enough to sleep well.

When sleep pressure is optimized, everything changes. Bedtime becomes easier, night wakings decrease and independent sleep often falls into place naturally with far less drama.

The good news? This is fixable.

Inside this guide, you'll find simple, realistic schedules by age to help you hit that "sleep sweet spot" so your child can fall asleep easier and stay asleep longer.

♡ Sarah

Owner, Before Dawn Sleep

I'm glad you're here!



Hi, I'm Sarah. I'm a certified pediatric sleep consultant, former Registered Nurse of 8 years and a mom of four in British Columbia, Canada.

My passion for sleep began with my firstborn. Bedtime was a struggle: nothing seemed to work and we were both exhausted.

One night, I put her down and stepped away. When I came back minutes later, she was asleep. That moment changed everything.

I realized she didn't need more effort: she needed the space to fall asleep on her own. From there, her sleep improved quickly and as my other children came along, I focused on building healthy sleep habits from the start.

In 2023, I left nursing to become a certified sleep consultant and founded Before Dawn Pediatric Sleep Consulting Inc.

I believe a rested family is a thriving family—and that better sleep is possible for you, too.

"The night is always the darkest before the dawn."



When things are at their hardest and it seems as if there is no solution, there is hope.

Inside This Guide



NEWBORN SLEEP ROUTINES

Newborn sleep routines to bring a gentle rhythm to your day—while following your baby's cues.

INFANT SLEEP ROUTINES

Infant sleep routines to bring structure and predictability to your day—without losing flexibility.

TODDLER SLEEP ROUTINES

Toddler sleep routines to provide consistency to your day—while keeping things realistic.

PRESCHOOLER SLEEP ROUTINES

Preschooler sleep routines to continue providing consistency to your day—while keeping things practical.

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Newborn Sleep Routines

Newborn sleep is driven by biological need rather than a predictable schedule, so routines at this stage are less about strict timing and more about creating gentle, repeatable patterns. Most newborns cycle between sleep, feeding and brief awake periods throughout the day and night, with wake windows typically very short.

A helpful approach is to focus on a simple rhythm: wake, feed, short awake time, then back to sleep. Keeping the environment consistent—dim lighting during night wakes, a calm wind-down before naps and a familiar sleep space—helps your baby begin to recognize cues for sleep over time.

While it may not look structured day to day, these early patterns lay the foundation for more predictable routines in the months ahead.



0-4 WEEKS

Newborn Sleep Routines

🍼 7:00AM - Wake and Feed
😴 7:45AM - 10:00AM - Nap
🍼 10:00AM - Feed
😴 10:45AM - 1:00PM - Nap
🍼 1:00PM - Feed
😴 1:45PM - 4:00PM - Nap
🍼 4:00PM - Feed
😴 5:00PM - 6:30PM - Nap
🍼 6:30PM - Feed
😴 7:30PM - 8:30PM - Nap
🍼 9:00PM - Feed
🌙 9:30PM - Down For the Night



At this age, your baby is awake just long enough to feed, change, and settle—then back to sleep. Repeat all day. This stage isn't about strict schedules, but a gentle rhythm. Focus on an eat → wake → sleep flow with full feeds during awake time. Over time, this gentle rhythm helps babies start to organize their days and nights. For now, follow your baby's cues and keep it flexible.

Here's a general guide for 0-4 weeks:

- Wake windows: about 30–45 minutes
- Total sleep: 16–20 hours in 24 hours
- Day sleep: ~8–9 hours (often inconsistent)
- Night sleep: ~8–10 hours (also inconsistent)

Helpful tips:

- Offer full feedings every 2–3 hours
- Cap naps around 2–2.25 hours to protect daytime feeds
- Expect a later bedtime in the newborn stage

4-6 WEEKS

Newborn Sleep Routines

🍼 7:00AM - Wake and Feed
😴 8:00AM - 10:00AM - Nap
🍼 10:00AM - Feed
😴 11:00AM - 1:00PM - Nap
🍼 1:00PM - Feed
😴 2:00PM - 4:00PM - Nap
🍼 4:00PM - Feed
😴 5:00PM - 6:00PM - Nap
🍼 6:30PM - Feed
😴 7:15PM - 8:15PM - Nap
🍼 9:00PM - Feed
🌙 9:30PM - Down For the Night



Wake windows stretch slightly at this age, but most days still follow an eat → wake → sleep rhythm. Remember: sleep is flexible, inconsistent, and constantly changing. As your baby becomes more alert, naps can get trickier—try a darker environment to support longer, more restful sleep. A consistent morning wake time (within ±30 minutes) can also help build their circadian rhythm and lead to more predictable sleep over time.

Here's a general guide for 4-6 weeks:

- Wake windows: 45–60 minutes
- Total sleep: 16–20 hours in 24 hours
- Day sleep: 6-7 hours (often inconsistent)
- Night sleep: 8-10 hours (also inconsistent)

Helpful tips:

- Offer full feedings every 2.5–3 hours
- Cap naps around 2 hours to protect daytime feeds
- Expect a later bedtime in the newborn stage

6-8 WEEKS

Newborn Sleep Routines

🍼 7:00AM - Wake and Feed
😴 8:15AM - 10:00AM - Nap
🍼 10:00AM - Feed
😴 11:15AM - 1:00PM - Nap
🍼 1:00PM - Feed
😴 2:15PM - 4:00PM - Nap
🍼 4:00PM - Feed
😴 5:15PM - 6:15PM - Nap
🍼 6:30PM - Feed
😴 7:30PM - 8:15PM - Nap
🍼 9:00PM - Feed
🌙 9:30PM - Down For the Night



Now is a great time to start gently shaping your baby's sleep. You don't need to jump into anything rigid. Just begin introducing small, supportive habits that help your little one learn how to fall asleep independently. If your baby is calm when you place them down, pause for a moment. Give them the space to surprise you. Even a little fussing doesn't always mean they need you right away. And if they do need support, that's okay too.

Here's a general guide for 6-8 weeks:

- Wake windows: 60–75 minutes
- Total sleep: 16–18 hours in 24 hours
- Day sleep: 6-7 hours
- Night sleep: 10-11 hours

Helpful tips:

- Offer full feedings every 2.5–3 hours
- Cap naps around 2 hours to protect daytime feeds
- Expect a later bedtime in the newborn stage

8-12 WEEKS

Newborn Sleep Routines

🍼7:00AM - Wake and Feed
😴 8:30AM - 10:00AM - Nap
🍼 10:00AM - Feed
😴 11:30AM - 1:00PM - Nap
🍼 1:00PM - Feed
😴 2:30PM - 4:00PM - Nap
🍼 4:00PM - Feed
😴 5:30PM - 6:30PM - Nap
🍼 6:30PM - Snack Feed
🍼 7:15PM - Bedtime Feed & Routine
🌙 8:00PM - Bedtime



Now is a great time to gently encourage independent sleep. Some soothing is still okay—this is a learning process, not perfection. Bedtime will shift earlier, aiming for 7:00–8:00pm by 12 weeks.

Start transitioning out of the swaddle and pacifier, aiming to be fully prop-free by 12 weeks to help prevent the 4-month regression. Some babies can move straight to a sleep sack, while others need a slower transition—that's okay. The goal is hands free for self-soothing.

Here's a general guide for 8-12 weeks:

- Wake windows: 75-90 minutes
- Total sleep: 16-18 hours in 24 hours
- Day sleep: 5-6 hours
- Night sleep: 11-12 hours

Helpful tips:

- Offer full feedings every 2.5–3 hours
- Cap naps around 1.5-1.75 hours to protect daytime feeds

Infant Sleep Routines

Infant sleep begins to shift from the unpredictable newborn stage into more structured patterns, though flexibility is still important. At this stage, babies start to have more defined wake windows, longer stretches of nighttime sleep and more consistent nap rhythms.

Routines become more helpful and purposeful—offering a familiar sequence before sleep such as a diaper change, sleep sack, cuddle or short story and then placing baby down for sleep. These cues help signal that sleep is coming and support independent settling over time.

While some days will still vary due to development, growth and milestones, a gentle daily rhythm helps regulate sleep pressure and makes naps and nights more predictable as your baby matures.



3 MONTHS: 1.5/1.5/1.75/1.75/1.75

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
😴 8:30AM - 10:00AM - Nap
🍼 10:00AM - Feed
😴 11:30AM - 1:00PM - Nap
🍼 1:00PM - Feed
😴 2:45PM - 4:00PM - Nap
🍼 4:00PM - Feed
😴 5:45PM - 6:15PM - Nap
🍼 6:30PM - Snack Feed
🍼 7:15PM - Bedtime Feed & Routine
🌙 8:00PM - Bedtime



Bedtime should land around 7–8pm—and longer stretches are within reach. Some babies may sleep through if they're ~12–15 lbs, but many still need a night feed until 4–6 months. Focus on independent sleep: put baby down awake without relying on props. Every baby is different—the goal isn't perfection, it's progress

Thinking about dropping a night feed? Look for:

- 12–15 lbs
- Day feeds inconsistent or not full
- Night feeds small/incomplete (more comfort than hunger)
- Wakings feel random

Here's a general guide for 3 months:

- Wake windows: 90-105 minutes
- Total sleep: 15-17 hours in 24 hours
- Day sleep: 4-5 hours
- Night sleep: 11-12 hours

4 MONTHS: 2/2/2.25/2.5

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
😴 9:00AM - 10:30AM - Nap
🍼 10:30AM - Feed
😴 12:30PM - 2:00PM - Nap
🍼 2:00PM - Feed
😴 4:00PM/4:15PM - 5:00PM - Catnap
🍼 5:00PM - Feed
🍼 6:45PM - Bedtime Feed & Routine
🌙 7:15PM/7:30PM - Bedtime



The 4-month sleep regression isn't inevitable. Some babies skip it entirely. With independent sleep skills + a solid daytime schedule, it often doesn't hit the same. Around 3–4 months, sleep matures and babies cycle through lighter sleep more often.

If they're rocked to sleep, fed to sleep or relying on a pacifier they'll need that help between cycles. But if they fall asleep independently? They're far more likely to connect cycles on their own.

Here's a general guide for 4 months:

- Wake windows: 2-2.25 hours
- Total sleep: 15-15.5 hours in 24 hours
- Day sleep: 4 hours
- Night sleep: 11-11.5 hours

5 MONTHS: 2.25/2.25/2.25/2.5

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
😴 9:15AM - 10:45AM - Nap
🍼 10:45AM - Feed
😴 1:00PM - 2:30PM - Nap
🍼 2:30PM - Feed
😴 4:45PM - 5:15PM - Catnap
🍼 5:30PM - Feed
🍼 7:00PM - Bedtime Feed & Routine
🌙 7:45PM - Bedtime



By 5 months old, your little one is typically settling into a solid 3-nap rhythm. Some babies (especially the eager ones!) may start inching toward that 2-nap transition around 5.5 months. I've seen it with my own three! But if you can, try to hold onto that third nap just a little longer.

That last nap doesn't need to be perfect. It can be a quick 20-minute catnap just to bridge the gap to bedtime. Think of it as a "take the edge off" nap rather than a full recharge.

If your baby is fighting it, don't stress. This is a great one to assist or do on-the-go: stroller, carrier, car ... it all counts!

A well-timed catnap = a smoother bedtime and a less overtired baby.

Here's a general guide for 5 months:

- Wake windows: 2.25-2.5 hours
- Total sleep: 14.5-15 hours in 24 hours
- Day sleep: 3.5 hours
- Night sleep: 11-11.5 hours

6 MONTHS: 2.5/2.5/2.5/2.75 (3 NAPS) OR 2.5/3/3.5 (2 NAPS)

Infant Sleep Routines

3 NAP SCHEDULE:

🍼 7:00AM - Wake and Feed
😴 9:30AM - 11:00AM - Nap
🍼 11:00AM - Feed
😴 1:30PM - 2:30PM - Nap
🍼 2:30PM - Feed
😴 5:00PM - 5:30PM - Catnap
🍼 5:30PM - Feed
🍼 7:30PM - Bedtime Feed & Routine
🌙 8:15PM - Bedtime



2 NAP SCHEDULE:

🍼 7:00AM - Wake and Feed
😴 9:30AM - 11:00AM - Nap
🍼 11:00AM - Feed
🍼 1:15PM - Top Up Feed
😴 2:00PM - 3:30PM - Nap
🍼 3:30PM - Feed
🍼 6:15PM - Bedtime Feed & Routine
🌙 7:00PM - Bedtime

6 months is when things start to shift—but don't rush it. Some babies are ready for 2 naps, many aren't yet. On 2 naps a 12-hour night isn't always realistic long term—aim for ~11–11.5 hours. Most babies do best with ~3 hours total daytime sleep.

Have a plan for both:

- 3 and 2-nap days can coexist
- The last catnap may shrink to ~20 mins (just a bridge)
- Night sleep may dip under 11 hours on 3 naps—temporarily

Once on 2 naps, things usually settle:

- Offer top-up feeds before naps (longer wake windows)
- Feed 30–45 mins before, keep baby awake
- Helps prevent short naps

Here's a general guide for 6 months:

- Wake windows: 2.5-2.75 hours
- Total sleep: 14-14.5 hours in 24 hours
- Day sleep: 3-3.5 hours
- Night sleep: 11-11.5 hours (will drop)

7 MONTHS: 2.75/3/3.5

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
🍼 9:00AM - Top Up Feed
😴 9:45AM - 11:15AM - Nap
🍼 11:15AM - Feed
🍼 1:30PM - Top Up Feed
😴 2:15PM - 4:00PM - Nap
🍼 4:00PM - Feed
🍼 6:45PM - Bedtime Feed & Routine
🌙 7:30PM - Bedtime



By 7 months, your little one is likely settling into a 2 nap schedule.

Keep gradually increasing wake windows as needed until they're ready to transition to 1 nap (typically between 12-18 months).

As wake windows lengthen, your baby will go longer between feeds and this is where top-up feeds can be helpful. Offer them before naps, especially if you're on a 2 nap schedule. Over time, solids will begin to replace these.

If you're offering a milk feed before a nap, aim to start it 30-45 minutes before sleep time and keep your baby fully awake. This helps maintain sleep pressure and avoid those frustrating short naps.

Also, not all babies will sleep 12 hours overnight at this age and that's okay. If nights are shorter, try extending wake windows slightly during the day to support an 11–11.5 hour night.

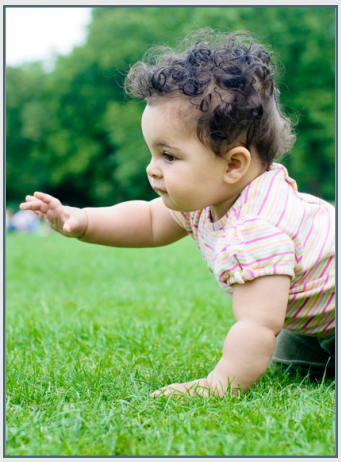
Here's a general guide for 7 months:

- Wake windows: 2.75-3 hours
- Total sleep: 14-14.5 hours in 24 hours
- Day sleep: 3-3.25 hours
- Night sleep: 11-11.5 hours

8 MONTHS: 3/3.25/3.75

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
🍼 9:15AM - Top Up Feed
😴 10:00AM - 11:30AM - Nap
🍼 11:30AM - Feed
🍼 2:00PM - Top Up Feed
😴 2:45PM - 4:15PM - Nap
🍼 4:15PM - Feed
🍼 7:15PM - Bedtime Feed & Routine
🌙 8:00PM - Bedtime



At 8 months, your baby's sleep needs are shifting and the smallest schedule tweaks can make the biggest difference.

If your once "perfect" sleeper is suddenly:

- Taking longer to fall asleep
- Waking early from naps
- Fighting bedtime

It's likely NOT a regression ... it's a sign they need more wake time. If naps shorten or bedtime becomes a struggle, try adding 10-15 minutes of wake time before each sleep period and give it a few days to settle.

Consistency is everything at this age and it pays off with longer naps, smoother bedtimes and better nights.

Here's a general guide for 8 months:

- Wake windows: 3-3.5 hours
- Total sleep: 13.5-14 hours in 24 hours
- Day sleep: 3 hours
- Night sleep: 11 hours

9 MONTHS: 3/3.5/3.75

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
🍼 9:15AM - Top Up Feed
😴 10:00AM - 11:30AM - Nap
🍼 11:30AM - Feed
🍼 2:15PM - Top Up Feed
😴 3:00PM - 4:15PM - Nap
🍼 4:15PM - Feed
🍼 7:15PM - Bedtime Feed & Routine
🌙 8:00PM - Bedtime



At 9 months old, most babies are settled into a predictable rhythm of 2 naps a day.

But here's the thing .. sleep needs are always evolving at this age. If your baby starts fighting naps, taking short naps or just doesn't seem as tired as usual, it's often a sign they're ready for a little more awake time between sleeps.

Stretching those wake windows gently can help rebuild that sleep pressure and get naps back on track. Every baby is different, but these small tweaks can make a big impact on overall sleep.

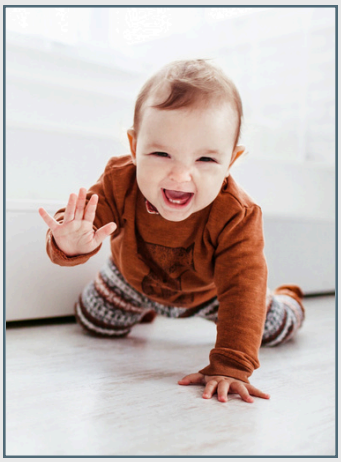
Here's a general guide for 9 months:

- Wake windows: 3-3.5 hours
- Total sleep: 13.5-14 hours in 24 hours
- Day sleep: 2.75-3 hours
- Night sleep: 11 hours

10 MONTHS: 3/3.5/3.75

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
🍼 9:15AM - Top Up Feed
😴 10:00AM - 11:30AM - Nap
🍼 11:30AM - Feed
🍼 2:15PM - Top Up Feed
😴 3:00PM - 4:15PM - Nap
🍼 4:15PM - Feed
🍼 7:15PM - Bedtime Feed & Routine
🌙 8:00PM - Bedtime



Same schedule as the 9-month one? Yep … because it still works.

Most babies stay on a similar rhythm until around 11-12 months, when you might start tweaking things (usually trimming a bit of daytime sleep).

If naps are getting short or your baby is fighting them, it might be time to stretch that wake window a little.

Here's a general guide for 10 months:

- Wake windows: 3-3.5 hours
- Total sleep: 13.5-14 hours in 24 hours
- Day sleep: 2.5-3 hours
- Night sleep: 11 hours

11 MONTHS: 3/3.5/4

Infant Sleep Routines

🍼 7:00AM - Wake and Feed
🍼 9:15AM - Top Up Feed
😴 10:00AM - 11:30AM - Nap
🍼 11:30AM - Feed
🍼 2:15PM - Top Up Feed
😴 3:00PM - 4:00PM - Nap
🍼 4:00PM - Feed
🍼 7:15PM - Bedtime Feed & Routine
🌙 8:00PM - Bedtime



Around 11 months, your baby might need a little schedule tweak.

If they start fighting that second nap, don't rush to drop to one just yet. Make sure you've truly maxed out the 2-nap schedule first and only consider the switch if they're consistently resisting (more days than not for at least 2 weeks).

Most babies stick with 2 naps until 12-18 months, though lower sleep needs can mean an earlier transition.

Some babies need a shorter morning nap to build enough sleep pressure for an afternoon nap, others do fine with the opposite. There's no one "perfect" split, just what works for your baby.

Here's a general guide for 11 months:

- Wake windows: 3-4 hours
- Total sleep: 13.5-13.75 hours in 24 hours
- Day sleep: 2.5-2.75 hours
- Night sleep: 11 hours

12 MONTHS: 3/3.75/4 (2 NAPS) OR 5/5 (1 NAP)

Infant Sleep Routines

TWO NAP SCHEDULE:

🥛 7:00AM - Wake and Feed
🥗 8:00AM - Breakfast
🥨 9:30AM - Snack
😴 10:00AM - 11:15AM - Nap
🥗 12:00PM - Lunch
🥨 🥛 2:15PM - Snack or Feed
😴 3:00PM - 4:00PM - Nap
🥨 🥛 4:00PM - Snack or Feed
🥗 5:00PM - Dinner
🥛 7:15PM - Bedtime Feed* & Routine
🌙 8:00PM - Bedtime



ONE NAP SCHEDULE:

🥛 7:00AM - Wake and Feed
🥗 8:00AM - Breakfast
🥨 9:30AM - Snack
🥗 11:30AM - Lunch
😴 12:00PM - 2:30PM - Nap
🥛 🥨 2:45PM - Snack or Feed
🥗 5:00PM - Dinner
🥛 6:45PM - Bedtime Feed* & Routine
🌙 7:30PM - Bedtime

Big changes at 12 months ... your baby is officially a toddler (cue the tears). Some little ones are ready to drop to 1 nap, while others hang onto 2 a bit longer. Both are normal!

Time to start weaning from bottles. After 12 months, milk is no longer the main source of nutrition. Keep total milk intake (breastmilk, formula or cow's milk) to no more than 16oz/day to protect appetite + prevent iron deficiency.

Offer milk with meals, snacks or at key times in the day, not all day long.

*Bedtime milk (especially cow's milk) can start to disrupt overnight sleep ... it might be time to drop that feed.

Here's a general guide for 12 months:

- Wake windows: 3-4 hours (2 naps), 5 hours (1 nap)
- Total sleep: 13-13.5 hours in 24 hours
- Day sleep: 2.25-2.5 hours
- Night sleep: 11 hours (2 naps), 11.5 hours (1 nap)

Toddler Sleep Routines

Toddler sleep routines focus on consistency, connection and clear boundaries as your child moves into more structured one-nap days and longer overnight sleep. At this stage, toddlers benefit from a predictable daily rhythm with steady wake times, a set nap or quiet time and a consistent bedtime.

A calming pre-sleep routine becomes especially important—simple steps like tidying up, diapering or toileting, pajamas, brushing teeth, a short book and a cuddle help signal that sleep is coming. Repetition is key, as toddlers thrive on knowing what to expect and often test limits as part of development.

While sleep can still be disrupted by separation anxiety, developmental leaps and growing independence, a consistent routine provides reassurance and helps support smoother transitions into both naps and nighttime sleep.

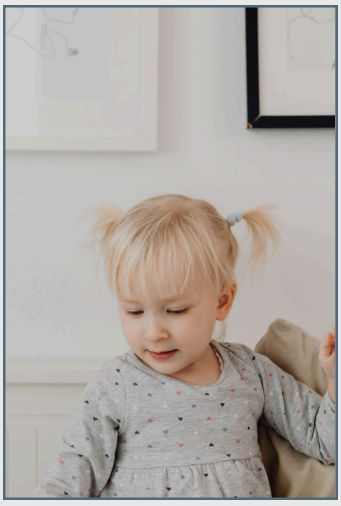


12-18 MONTHS: 5/5.5 OR 5.5/5.5

Toddler Sleep Routines

CLOSER TO 12 MONTHS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 11:30AM - Lunch
😴 12:00PM - 2:30PM - Nap
🥛 🥨 2:45PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 7:30PM - Bedtime Routine
🌙 8:00PM - Bedtime



CLOSER TO 18 MONTHS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 12:00PM - Lunch
😴 12:30PM - 2:30PM - Nap
🥛 🥨 2:45PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 7:30PM - Bedtime Routine
🌙 8:00PM - Bedtime

Most babies transition to one nap between 12–18 months. I've included two sample schedules—one suited to around 12 months and another for closer to 18 months.

Start with about 5 hours of awake time before and after the nap, then gradually adjust as needed to find what works best as your child grows.

After 12 months, having milk right before bed or immediately upon waking can start to disrupt sleep. At this stage, it's best to phase out both the bedtime and morning milk feeds.

Here's a general guide for 12-18 months:

- Wake windows: 5-5.5 hours
- Total sleep: 13-13.5 hours in 24 hours
- Day sleep: 2-2.5 hours
- Night sleep: 11 hours

18-24 MONTHS: 5.5/5.5 OR 6/6

Toddler Sleep Routines

CLOSER TO 18 MONTHS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 12:00PM - Lunch
😴 12:30PM - 2:30PM - Nap
🥛 🥨 2:45PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 7:30PM - Bedtime Routine
🌙 8:00PM - Bedtime



CLOSER TO 24 MONTHS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 12:30PM - Lunch
😴 1:00PM - 2:30PM - Nap
🥛 🥨 2:45PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 8:00PM - Bedtime Routine
🌙 8:30PM - Bedtime

As your toddler grows, their sleep needs gradually decrease—by age 2, most need about 12.5 hours in a 24-hour period. I've included sample schedules for both 18 and 24 months. Adjust wake times as needed to find the right balance as they get older.

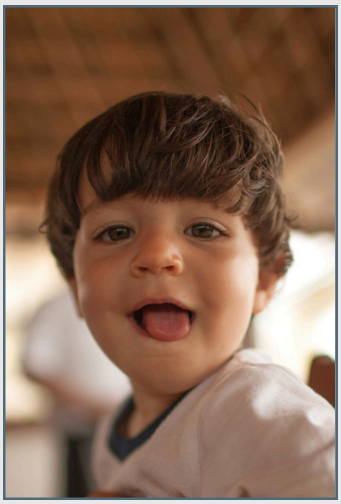
Here's a general guide for 18-24 months:

- Wake windows: 5.5-6 hours
- Total sleep: 12-13 hours in 24 hours
- Day sleep: 1.5-2 hours
- Night sleep: 10.5-11 hours

Toddler Sleep Routines

CLOSER TO 2 YEARS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 12:30PM - Lunch
😴 1:00PM - 2:30PM - Nap
🥛 🥨 2:45PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 8:00PM - Bedtime Routine
🌙 8:30PM - Bedtime



CLOSER TO 3 YEARS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 12:30PM - Lunch
😴 1:00PM - 2:00PM - Nap
🥛 🥨 2:15PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 7:30PM - Bedtime Routine
🌙 8:00PM - Bedtime

As your toddler grows, their sleep needs gradually decrease—by age 3, most need about 12-12.5 hours in a 24-hour period. I've included sample schedules for both 2 and 3 years. Adjust wake times as needed to find the right balance as they get older.

Here's a general guide for 2-3 years:

- Wake windows: 6 hours
- Total sleep: 12-12.5 hours in 24 hours
- Day sleep: 1-1.5 hours
- Night sleep: 10.5-11 hours

Preschooler Sleep Routines

Preschooler sleep routines are about maintaining consistency while supporting growing independence and emotional regulation. At this stage, children typically have a single nap or quiet time and a more structured nighttime sleep schedule, with predictable wake and bedtime windows.

A simple, repeatable bedtime routine helps signal the transition to sleep and can include steps like tidying up, bath or wash-up, pajamas, brushing teeth, choosing a book and a short cuddle or song. Offering limited, consistent choices (like which book to read) can help preschoolers feel in control while still following the routine.

Although imagination, fears and boundary-testing can sometimes delay sleep, a calm and consistent routine provides reassurance and helps reinforce healthy sleep habits that support both rest and emotional development.



3-4 YEARS: 6/6 (3 YEARS) OR NO NAP (4 YEARS)

Preschooler Sleep Routines

CLOSER TO 3 YEARS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 12:30PM - Lunch
😴 1:00PM - 2:00PM - Nap
🥛 🥨 2:15PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 7:30PM - Bedtime Routine
🌙 8:00PM - Bedtime



CLOSER TO 4 YEARS:

🌞 7:00AM - Wake
🥗 7:15AM - Breakfast
🥛 🥨 9:30AM - Snack & Milk
🥗 12:30PM - Lunch
🤫 1:00PM - 2:00PM - Quiet Time
🥛 🥨 2:15PM - Snack & Milk
🥗 5:30PM - Dinner
🛁 6:30PM - Bedtime Routine
🌙 7:00PM - Bedtime

As your preschooler grows, their sleep needs gradually decrease—by age 4, most need about 11-12 hours in a 24-hour period. I've included sample schedules for both 3 and 4 years. Adjust wake times as needed to find the right balance as they get older.

When your child is ready to drop their nap, add a midday quiet time so everyone can rest and move bedtime earlier to maintain at least a 12-hour night.

Here's a general guide for 3-4 years:

- Wake windows: 6 hours or no nap
- Total sleep: 11-12 hours in 24 hours
- Day sleep: 1 hour or no nap
- Night sleep: 11-12 hours

Extra Guidance



NEWBORN SLEEP PACKAGE	One on one support during the sleep shaping process for your newborn (birth to 12 weeks).	$675
INFANT/TODDLER SLEEP PACKAGE	One on one support during the sleep training process for your infant or toddler (12+ weeks).	$475
ASK ME ANYTHING CALL	A video call to troubleshoot sleep issues for your already independent sleeper.	$75

*All prices are listed in Canadian dollars (CAD).

What's Included

NEWBORN SLEEP PACKAGE

- A **customized sleep plan** tailored to your newborn's needs and your parenting style
- A **sleep log** to track progress via the Rested app
- Daily **messaging support** until 12 weeks old (during specified PST/PDT hours)
- A 1 hour **video consultation** to prepare for sleep shaping
- **My Baby is Sleep Trained .. Now What?** Practical tips to maintain your little one's sleep success and navigate bumps along the way

INFANT/TODDLER SLEEP PACKAGE

- A **customized sleep plan** tailored to your child's needs and your parenting style
- A **sleep log** to track progress via the Rested app
- Two weeks of **messaging support** (during specified PST/PDT hours)
- A 1 hour v**ideo consultation** to prepare for sleep training
- **My Baby is Sleep Trained .. Now What?** Practical tips to maintain your little one's sleep success and navigate bumps along the way

ASK ME ANYTHING CALL

- A 45 minute **video consultation**
- E-mailed **summary** of consultation
- **My Baby is Sleep Trained .. Now What?** Practical tips to maintain your little one's sleep success and navigate bumps along the way



Please note: Ask Me Anything calls are reserved for families with independent sleepers who need help with specific sleep questions. If your baby isn't yet falling asleep independently, **book a free 15-minute Discovery Call** to explore the best approach for your family.

Let's Get Started!

Every family's sleep journey is unique and the first step is understanding where you're at right now. Together, we'll take a closer look at your child's sleep patterns and any challenges you're facing so we can build a plan that actually fits your baby and your family.

My approach is supportive, realistic and responsive to your goals. There's no one-size-fits-all method—just practical strategies tailored to help your little one learn healthy sleep habits in a way that feels manageable and aligned with your parenting style.

SCHEDULE A CALL

LEARN MORE

You're not alone in this.

Sleep can feel overwhelming at times, but you don't have to navigate it by yourself. I'm here to guide you, support you and help you make sense of what's happening so you can move forward with more confidence and clarity.

♡ *Sarah*

