



# Sleep & Feeding Schedule

## 1 months - 3 years

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# Sleep & Feeding Schedule

## 1 months - 3 years

*Welcome fellow mama!*

*I'm Cristina Tudose, a first-time mom to my wonderful daughter Alisia. I'm also a certified sleep consultant, specialized in safe sleep practices and infant brain development. My passion is helping first-time moms like you navigate the complex world of parenting with confidence.*

*This guide is packed with science-backed, practical advice on sleep and feeding routines, simplifying what could take hours of research. From my own experiences as a new mom and from working closely with a network of doctors, nurses, and pediatricians,*

*I've put together everything you need to build healthy habits for your baby's sleep and development.*

*Cristina Tudose*



# Prerequisites for a Successful Sleep Schedule

## **MUST HAVE**

- ✓ Follow the **safe sleep** checklist
- ✓ Set optimal **sleep environment**
- ✓ Follow the **wake windows**
- ✓ Have a **bedtime routine**

## **IDEALLY**

- ✓ Baby knows how to self sooth to avoid rocking/feeding to sleep

**CONSISTENCY IS KEY!**



# Safe Sleep Checklist

- ✓ **Back to sleep:** Always place baby on their back for sleep.
- ✓ **Firm sleep surface:** Use a crib with a firm mattress and fitted sheet
- ✓ **No loose objects:** Avoid pillows, blankets, stuffed animals, or bumpers in the crib.
- ✓ **Share a room, not a bed**
- ✓ **Room temperature:** 68°F-72°F (20°C-22°C)
- ✓ **Avoid overheating:** Dress baby in light layers; no hats indoors, no face covering.
- ✓ **No smoking:** Keep baby's environment smoke-free.
- ✓ **Crib away from windows:** Prevents heat from sunlight, and safety hazards (cords)



# Ideal Sleep Environment

- ✓ **Dark room:** for melatonin production; use blackout blinds or foil.
- ✓ **Quiet or white noise:** Use a sound machine or maintain a quiet room.
- ✓ **No distractions:** Avoid toys, mobiles, or electronics in the crib.
- ✓ **Light layers:** Dress baby in breathable, light clothing, swaddle under 3 months, sleep sack for 3+ months
- ✓ **Room temperature:** 68°F-72°F (20°C-22°C)
- ✓ **Ensure good airflow:** Use of a fan can improve sleep quality and reduce the risk of SIDS; avoid heaters directed to the crib



## Other tips to improve sleep

- ✓ **Expose your baby to daylight** during the day to help develop their circadian rhythm.
- ✓ **Consistent sleep location:** Naps should happen in the same place as nighttime
- ✓ **Use red light for night feedings:** Red light is less likely to interfere with melatonin production compared to other colors
- ✓ **Limit nighttime stimulation:** Minimize diaper changes, avoid talking, and limit eye contact to prevent overstimulation
- ✓ **Self-soothing:** If babies don't self-soothe naturally (e.g. sucking finger, pacifier to avoid rocking/feeding), sleep training after 4 months is recommended



# Other tips to improve sleep



Follow this cycle  
during the day



# Wake window: Feed + Play

**Wake window** is awake time between naps, involving activities that help build **sleep pressure**. The length of the wake window varies by age.

## Activities within a wake window

- 1 Feeding** and diaper change
- 2 Tummy time** and interactive play: Strengthen muscles and engage with toys.
- 3 Reading and singing/music**: Stimulate auditory and cognitive development.
- 4 Outdoor and sensory activities**: Explore the environment with walks and tactile play.
- 5 Social interaction**: Gentle engagement through talking and smiling.
- 6 Bedtime routine**: see below.





# Wake Windows by age

Age	Long Wake Window after long nap (1h+)	Short Wake Window after short nap (30-45mins)
1-3 Months	45-60 mins	30-45 mins
4-5 months	1-1.5 hours	45-60 mins
6-8 months	2 hours	1.5 hours
9-10 months	3 hours	2.5 hours
11-14 month	3.5 hours	3-3.3.5 hours
15-36 months	4-5.5hours	3.5-5hours

Note: The schedule provide in this guide is based on the long wake windows. If the baby sleeps less than an hour, follow a shorter wake window and move the night bedtime earlier to 6-7pm.



# Bedtime Routine: 7 Steps

- 1 Bath or wash-up (not for naps):** A warm bath can signal the start of the nighttime routine.
- 2 PJs and diaper change:** Dress the baby in comfortable sleepwear.
- 3 Feed:** Offer a full feed to ensure the baby is content for the night. **Brush teeth after.**
- 4 Quiet activity:** Read a short story or sing a lullaby to help the baby relax.
- 5 Darken the room:** Turn off bright lights.
- 6 White noise:** Start sound machine
- 7 Kisses and cuddles:** End with a soothing moment before placing the baby in bed **awake.**

**Routine Duration:** 15 mins for naps &  
30-45 mins for night sleep



# 1-3 Months Schedule

7:00 AM	Wake up and milk feed
<b>8:00 AM</b>	<b>Nap 1 (1-2 hours)</b>
9:30 AM	Wake up and milk feed
<b>10:30 AM</b>	<b>Nap 2 (1-2 hours)</b>
12:00 PM	Wake up and milk feed
<b>1:00 PM</b>	<b>Nap 3 (1-2 hours)</b>
2:30 PM	Wake up and milk feed
<b>3:30 PM</b>	<b>Nap 4 (1-2 hours)</b>
5:00 PM	Wake up and milk feed
<b>6:00 PM</b>	<b>Nap 5 (30-45 minutes)</b>
7:00 PM	Wake up and milk feed
8:00 PM	Bedtime routine starts
<b>8:30 PM</b>	<b>Sleep time (long stretch)</b>

45-mins  
wake windows

5-6 naps  
per day

14-17h  
total sleep



# 4-5 Months Schedule

7:00 AM	Wake up & milk feed
<b>8:30 AM</b>	<b>Nap 1 (1.5-2 hours)</b>
11:00 AM	Milk feed
<b>12:30 PM</b>	<b>Nap 2 (1.5-2 hours)</b>
2:30 PM	Milk feed
<b>4:00 PM</b>	<b>Nap 3 (1.5 hours)</b>
5:30 PM	Wake up
6:15 PM	Pre-bath milk feed
6:30 PM	Bedtime routine
<b>7:00 PM</b>	<b>Sleep time</b>

1.5-hour  
wake windows

3 naps  
per day

12-16h  
total sleep



# 6-8 Months Schedule

7:00 AM	Wake up and milk feed
8:00 AM	Breakfast (solids)
<b>9:00 AM</b>	<b>Nap 1: Morning nap</b>
11:00 AM	Wake up and milk feed
12:00 PM	Lunch (solids)
<b>1:00 PM</b>	<b>Nap 2: Afternoon nap</b>
2:45 PM	Wake up and milk feed
<b>4:45 PM</b>	<b>Nap 3: Power nap</b>
5:30 PM	Wake up&dinner (solids)
6:15 PM	Pre-bath milk feed
6:30 PM	Bedtime routine starts
<b>7:00 PM</b>	<b>Sleep time</b>

2-hour  
wake windows

3 naps  
per day

12-15h  
total sleep



# 9-10 Months Schedule

7:00 AM	Wake up and milk feed
8:00 AM	Breakfast (solids)
<b>10:00 AM</b>	<b>Nap 1: Morning nap</b>
11:30 AM	Wake up & Milk & Snack
1:30 PM	Lunch (solids)
<b>2:30 PM</b>	<b>Nap 2: Afternoon nap</b>
4:00 PM	Wake up & Milk & Snack
5:30 PM	Dinner
6:30 PM	Bedtime routine starts
<b>7:00 PM</b>	<b>Sleep time</b>

3-hour  
wake windows

2 naps  
per day

12-15h  
total sleep



# 11-14 Months Schedule

7:00 AM	Wake up and milk feed
8:00 AM	Breakfast (solids)
<b>9:45 AM</b>	<b>Nap 1: Morning nap</b>
10:30 AM	Wake up
12:00 PM	Lunch (solids)
<b>2:00 PM</b>	<b>Nap 2: Afternoon nap</b>
3:30 PM	Wake up
5:00 PM	Dinner
6:30 PM	Bedtime routine starts
<b>7:00 PM</b>	<b>Sleep time</b>

3.5-hour  
wake windows

2 naps  
per day

12-14h  
total sleep



# 14-36 Months Schedule

7:00 AM	Wake up
7:30 AM	Breakfast
9:30 AM	Snack
11:30 AM	Lunch
<b>12:30 PM</b>	<b>1 Nap</b>
3:00 PM	Wake up & snack
5:00 PM	Dinner
6:30 PM	Bedtime routine starts
<b>7:00 PM</b>	<b>Sleep time</b>

5-hour  
wake windows

1 naps  
per day

11-14h  
total sleep





# Troubleshooting

## **1** WHY DOES MY BABY WAKE UP FREQUENTLY AT NIGHT?

This could be due to sleep associations, hunger, or discomfort. Check your baby's wake windows, encourage self-soothing, and ensure a consistent routine

## **2** WHAT SHOULD I DO IF MY BABY FIGHTS NAPS?

Adjust wake windows. Ensure your baby isn't overtired or under-tired, and create a consistent pre-nap routine. Consider an earlier bedtime as well.

## **3** HOW DO I TRANSITION MY BABY TO FEWER NAPS?

Look for signs like fighting naps or taking longer to fall asleep at night. Gradually extend wake windows, starting with the first one in the morning. Eventually the last nap of the day will become a power nap (15-20mins) until it will disappear completely.

## **4** WHAT SHOULD I DO IF MY BABY SLEEPS LESS THAN 1 HOUR DURING NAP TIME?

You can try rocking the baby back to sleep, or follow a shorter wake window and move bedtime earlier to 6-7 PM.

## **5** WHEN SHOULD I STOP FEEDING THE BABY AT NIGHT?

Around 6 months, most babies don't need night feeds. Gradually reduce the amount of milk during nighttime wakings and encourage soothing without feeding. I personally started replacing milk with water.

## **6** WHAT DO I DO IF MY BABY MISSES A NAP?

Try to get them back on schedule for the next nap or bedtime. Earlier bedtime is always your best friend in this case, aim for 6pm.



# Troubleshooting continues...

## **7** HOW DO I HANDLE SCHEDULE DISRUPTIONS (TRAVEL, VISITORS, ETC.)?

Maintain as much consistency as possible with your routine, even in new environments. Switch on the local timezone as soon as you get there.

## **8** MY BABY FIGHTS BEDTIME. WHAT CAN I DO?

A consistent daytime schedule and a calming bedtime routine is key. Ensure their sleep environment is optimal and address any potential discomforts.

## **9** MY BABY IS WAKING UP EARLIER THAN USUAL. WHAT CAN I DO?

This could be due to insufficient sleep or an unsuitable environment. Try an earlier bedtime, even though counter intuitive. The baby might be overtired. Make sure to have a consistent day schedule following the age related wake windows. Also make sure the room is dark and quiet.

## **10** HOW DO I KNOW IF MY BABY IS READY FOR A NAP OR BEDTIME?

Look for sleepy cues like rubbing eyes, grabbing their ear lob, losing interest. When they start yawning, or becoming fussy they are already overtired and you'll have hard time to put them to bed.

## **11** SHOULD I USE THE SAME BEDTIME ROUTINE FOR NAPS AND BEDTIME?

A shorter version of the bedtime routine works for naps, while the full routine should be reserved for nighttime sleep to differentiate between the two.

## **12** CAN I BED SHARE SAFELY WITH MY BABY?

Bed-sharing is not generally recommended, but if you choose to do so, use a firm mattress, avoid soft bedding or loose items, and ensure baby can't roll off or become trapped, don't smoke/drugs/alcohol, breastfeed if you can.



# Thank you!

*You're doing an amazing job! Remember, every baby is different, and it's okay to adapt your routine to what works best for you and your little one. Trust your instincts and celebrate the small wins.*

*You've got this!*

Join us, mama!

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