



3-4 Month Old Sleep Guide

Little ones go through a natural developmental progression around 3-4 months of age. Here are some helpful tips to guide parents through this transition.

2-HOUR WAKE WINDOWS

- Use 2 hours as a baseline of awake time between sleep sessions, but you can be flexible depending on baby's needs that day!

3-4 HOURS OF DAYTIME SLEEP

- You may start to see a shift from 4 daytime naps to 3 daytime naps over the course of this progression.

SELF-SOOTHING PRACTICE

- Now is the time to encourage self-soothing skills as this can be helpful as little ones go through the four month sleep progression. Examples are a consistent bedtime routine and schedule, and getting the baby in their crib or bassinet before they are asleep.
- Nighttime sleep cycles will move to 2 hours and nighttime sleep cycles will move to 30-45 minutes. Self-soothing can help them fall—and stay—asleep.

DROPPING THE SWADDLE

- If you haven't already, consider dropping the swaddle as baby learns to roll from back to belly. This gives them more freedom to move around more safely.
- If you want to ease out of it, consider releasing one arm from the swaddle for a few nights, and then both, until finally no swaddle.

3-4 MONTH GENTLE SLEEP GUIDE	
TOTAL SLEEP	3 months: 14-17 hours 4 months: 14-15 hours
DAYTIME SLEEP	3 months: 4-5 hours total 4 months: 3.5-4.5 hours total
NAPS	3 months: 4-5 naps 4 months: 3-4 naps
WAKE WINDOWS	3 months: 1.25-1.75 hours 4 months: 1.5-2.25 hours

This guide was created in collaboration with sleep consultant Julie Connelly for Expectful, Inc.