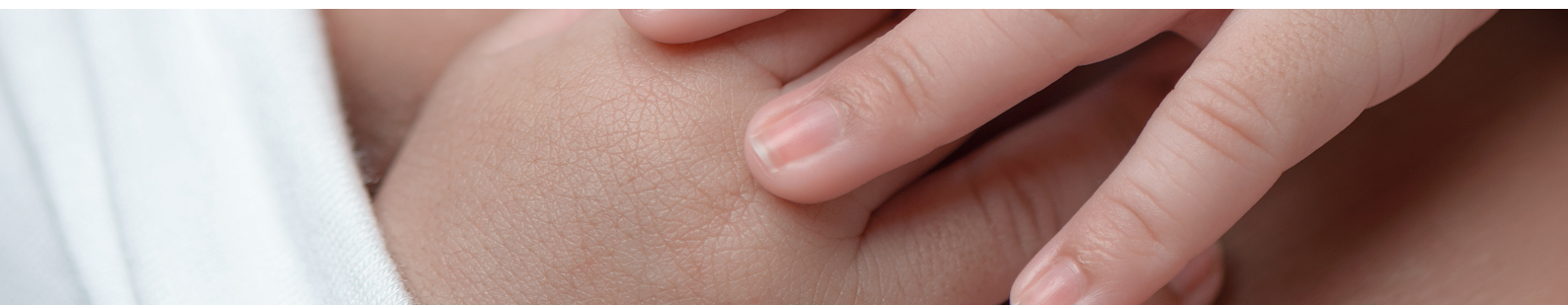




SLEEPY BABY COACH

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) |