



PERSONALIZED SLEEP GUIDE

Your 3-month-old's sleep

3 months

Sleep rhythm, a sample day, common challenges and what genuinely helps at this stage.

AWAKE TIME

1 h 15 min – 2 h

NAPS PER DAY

4

TOTAL SLEEP / 24 H

14–17 h

NIGHT · NAPS

8–9 h · 7–9 h

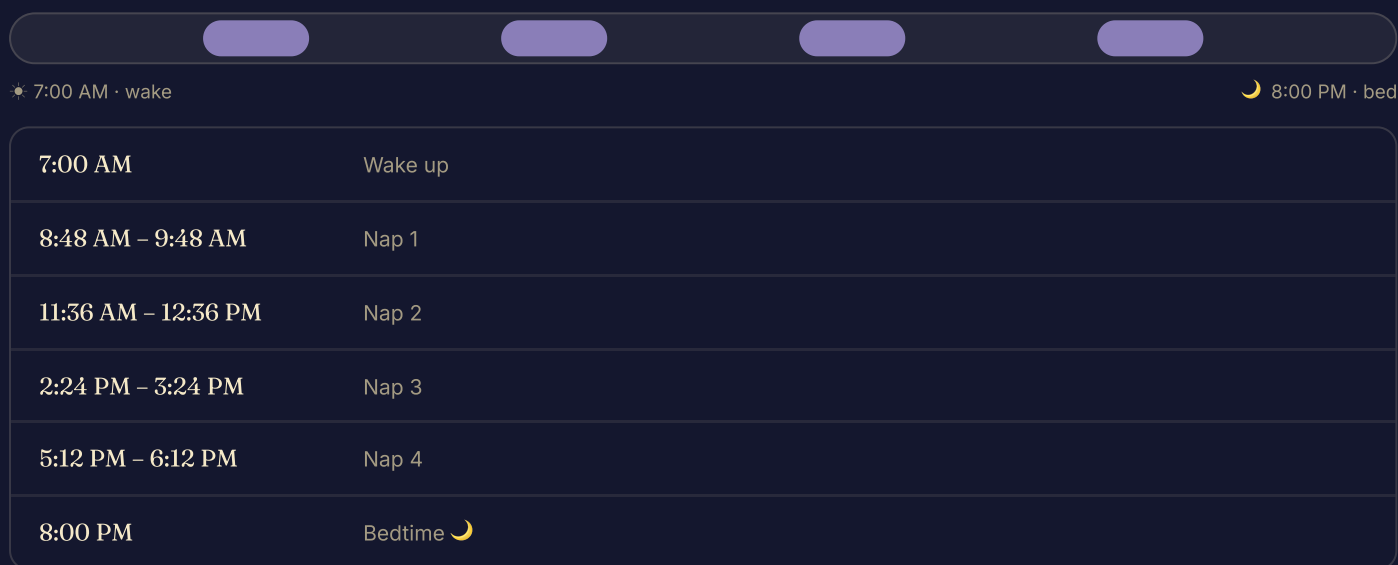
What's happening with sleep now

Somewhere around two to three months you may notice the faintest hint of a pattern emerging. Wake windows are stretching, from around an hour at two months toward as much as two hours by three months, and your baby can stay alert and engaged for longer between sleeps. Total sleep is still large across the 24 hours, but it is slowly starting to consolidate, and by three months many babies drift toward an earlier, more predictable bedtime of their own accord.

This shift is driven by a body clock that is finally coming online. The circadian rhythm that was absent at birth is now developing, so your baby is becoming a little more responsive to light, darkness and the rhythm of your days. Night stretches often lengthen, and the worst of the newborn day-night confusion usually fades. Sleep pressure is still building quickly though, which is why staying within those wake windows matters: an overtired two or three month old fights sleep just as hard as a newborn does.

A realistic day at this stage still means roughly four to six naps, gradually becoming four as the weeks pass, with lengths that remain unpredictable. Feeds are still frequent and still drive a lot of the schedule. You will likely see one longer stretch of night sleep appear, often in the first part of the night, alongside a fussier, harder-to-settle patch in the evening. None of this is a schedule yet, but the raw material is there.

A sample day



If they wake at 6:00: Nap 1 8:00 AM–9:00 AM · Nap 2 11:00 AM–12:00 PM · Nap 3 2:00 PM–3:00 PM · Nap 4 5:00 PM–6:00 PM · bed 8:00 PM

Common challenges — and what helps

Every evening he falls apart and cries, and nothing seems wrong

Evening fussiness, sometimes called the witching hour, is extremely common around this age and usually peaks now before easing over the coming weeks. Keep the last wake window short, dim the lights, reduce stimulation and offer calm comfort such as feeding, holding or gentle movement; if crying seems excessive or you are worried, check in with your pediatrician.

She only ever catnaps and won't sleep longer in the day

Short naps are still developmentally normal now and often stay that way until sleep cycles mature around four months, so you can't force a longer nap. Aim for enough total daytime sleep across several naps rather than one long one, and watch wake windows so she starts each nap before becoming overtired.

He fights the first long stretch of the night

A too-late, overtired bedtime is the most common reason a baby resists that first stretch, so try bringing bedtime a little earlier and watch for tired cues rather than the clock. A short, repeatable wind-down (dim room, feed, cuddle, into the cot drowsy) helps signal that sleep is coming.



What's coming next

The big one on the horizon is the so-called four-month sleep regression, and it helps enormously to understand it in advance. It is not really a regression at all: around four months your baby's sleep permanently matures into cycles with lighter and deeper stages, much like an adult's. Because there are now brief surfacings between cycles, many babies wake more and need help linking back to sleep for a while. It is a sign of healthy brain development, not a problem you caused or can prevent. The best preparation is to start a tiny, consistent wind-down routine now, so that when the change arrives your baby already has familiar, calming cues that sleep is on the way.



What helps most right now

- ☾ Start a short, consistent wind-down before sleep now (for example dim lights, feed, a cuddle, into the cot) so the routine is familiar before the four-month change.
- ☾ Watch wake windows and early tired signs rather than the clock, and begin the next sleep before your baby tips into overtiredness.
- ☾ Keep placing your baby on their back to sleep on a firm, flat, empty surface, for naps and nights, even as they grow more active.
- ☾ Try an earlier bedtime if evenings are a struggle, and keep the last part of the day calm, dim and low-key.



Safe sleep

Safe sleep (the essentials): your baby sleeps best and safest **alone, on their back, in a clear cot** — firm flat mattress, no pillows, duvets, bumpers or soft toys. Room-share without bed-sharing, especially before 6 months, and avoid overheating. If you ever have concerns about your baby's breathing or rest, talk to your pediatrician.



When to check with your pediatrician

When to check with your pediatrician: sleep varies a lot from baby to baby, but do mention it to your doctor if you notice **loud snoring, pauses in breathing, or very laboured breathing**, if your baby isn't gaining weight or is feeding poorly, if they consistently sleep far less (or more) than expected and seem unhappy or unusually drowsy, or if anything about their development worries you. This guide is general guidance and not a substitute for medical advice.

And tomorrow, and next month?

This guide is the average for their age. The **Nana** app learns your baby's real rhythm and adjusts naps and bedtime every day. Free to start → nanababy.app · Also online: <https://nanababy.app/3-month-old-sleep-schedule/>