Moon Hour

3-month-old sleep schedule

An example day

Time	What
7:00 AM	Waking up
8:00 AM – 8:45 AM	Nap 1
9:51 AM – 10:36 AM	Nap 2
11:49 AM – 12:34 PM	Nap 3
1:51 PM – 2:36 PM	Nap 4
3:58 PM – 4:28 PM	Short sleep in the afternoon
6:00 PM	To bed for the night

This is how Moon Hour might calculate on the first day if a child at 3 months wakes at 7 am and has no entries yet. It is an example, not a plan to follow: children are different, and the app adjusts the times to your child with every entry.

At a glance

Sleep per 24 hours	14–17 hr*
Night	11 hr
Naps	4 naps
Awake time in between	1 hr – 1 hr 30 min

* The AASM gives no value for babies under 4 months; shown here is the National Sleep Foundation guideline (Hirshkowitz 2015). Wake windows: experience values from sleep consulting, which Moon Hour starts out with. There is no single recommendation for them, and experts disagree on whether fixed wake windows by age make sense (Canapari).

Notes

Sources

- Hirshkowitz et al. 2015: National Sleep Foundation recommended sleep durations – https://pubmed.ncbi.nlm.nih.gov/29073412/
- Canapari: Wake windows – what a sleep physician says about them – https://drcraigcanapari.com/wake-windows

Moon Hour is a diary and planner that helps parents organise everyday life. Not a medical device; does not replace advice from a doctor or midwife.

Sources checked: November 2026 · Printed from https://moonhour.app/en/3-month-old-sleep-schedule.html