



THE

4-MONTH SLEEP REGRESSION

*A Practical Guide for
Exhausted Parents*

What Is the 4-Month Sleep Regression?

Around 4 months, your baby's sleep cycles mature and become more adult-like. As a result, they begin waking more fully between sleep cycles, which is why sleep can suddenly feel so much harder.

COMMON SIGNS



Waking every 1–2 hours overnight



Short 30–45 minute naps



Fighting naps or bedtime



Early morning wakes



Needing more help to fall asleep

Understanding Wake Windows

WHAT ARE WAKE WINDOWS?

Wake windows are the amount of time your baby spends awake between periods of sleep.

Keeping wake windows age-appropriate can help prevent overtiredness and make naps and bedtime easier.

TYPICAL WAKE WINDOWS FOR A 4-MONTH-OLD

1.5 – 2 hours

SAMPLE 4-MONTH SCHEDULE

Wake up	7:00 AM
Nap 1	8:30 AM – 10:00 AM
Nap 2	11:30 AM – 12:30 PM
Nap 3	2:00 PM – 3:00 PM
Nap 4 (Catnap)	4:45 PM – 5:15 PM
Bedtime	7:15 PM

Remember that every baby is different, and sleep needs can vary.

Schedules are examples and should always be adjusted to your baby's individual needs.

5 Tips for Navigating the 4-Month Sleep Regression

1

Keep a consistent bedtime routine.

A predictable routine helps signal to your baby that sleep is coming.

2

Prioritize night sleep over perfect naps.

Short naps are common during this stage. Focus on supporting better nights.

3

Optimize the sleep environment.

- Dark room
 - White noise
 - Safe sleep space
 - Comfortable temperature
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4

Give your baby opportunities to practice independent sleep skills.

Small opportunities to fall asleep with less assistance can help your baby learn to connect sleep cycles over time.

5

Be patient.

The 4-month sleep regression is a sign that your baby's sleep is maturing and developing.

3 Common Mistakes Parents Make

1

Constantly changing strategies.

Sleep takes time, and consistency is key. Give your approach time to work.

2

Stretching wake windows too long.

Overtired babies often have a harder time falling asleep and staying asleep.

3

Assuming every wake is hunger.

As sleep cycles mature, babies may wake more frequently between cycles, even when they aren't hungry.

Need More Support?

If you're experiencing:

- Frequent night wakings
- Early morning wakes
- Short naps
- Trouble transitioning out of the 4-month sleep regression
- False starts

I'd love to help.

Book your FREE discovery call



www.peacefulsleepbypriya.com