

Daylight Saving & Your Baby's Sleep



Let's get prepared
for our babies'
sleep adjustment!

Days 1&2 (Mon/Tues)

Let your baby wake 15 minutes later for the day.

Put your baby down 15 minutes later than usual for all naps and bedtime.

Let your baby wake 30 minutes later for the day.

Put your baby down 30 minutes later than usual for all naps and bedtime.



Days 3&4
(Wed/Thurs)



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Days 5&6 (Fri/Sat)

Let your baby wake 45 minutes later for the day.
Put your baby down 45 minutes later than usual for all naps and bedtime.

Clocks fall back an hour.
Your schedule should be back to what it was before the start of the week.



Day 7 (Sunday)





Tiredmamasleep.com

**“HELPING INFANTS, TODDLERS &
PARENTS GET THE SLEEP THEY NEED”**

