

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](https://tiredmamasleep.com)

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

