

Fall Back Baby Sleep Schedule

Start here

New Bedtime

Adjusted bedtime

Regular Bedtime	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30PM	6:45PM	6:45PM	7:00PM	7:00PM	7:15PM	7:15PM	7:30PM	6:30PM
7:00PM	7:15PM	7:15PM	7:30PM	7:30PM	7:45PM	7:45PM	8:00PM	7:00PM
7:30PM	7:45PM	7:45PM	8:00PM	8:00PM	8:15PM	8:15PM	8:30PM	7:30PM
8:00PM	8:15PM	8:15PM	8:30PM	8:30PM	8:45PM	8:45PM	9:00PM	8:00PM
8:30PM	8:45PM	8:45PM	9:00PM	9:00PM	9:15PM	9:15PM	9:30PM	8:30PM
9:00PM	9:15PM	9:15PM	9:30PM	9:30PM	9:45PM	9:45PM	10:00PM	9:00PM
9:30PM	9:45PM	9:45PM	10:00PM	10:00PM	10:15PM	10:15PM	10:30PM	9:30PM

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Clocks change at 2am!