

## At What Time Should My Child Go to Bed

### Wake-Up Time

Age	6:00AM	6:15AM	6:30AM	6:45AM	7:00AM	7:15AM	7:30AM
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### Sleep Time

Age

5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	
6	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:15 PM
7	7:15PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:30 PM
8	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	8:45 PM
9	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:00 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:15 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM