



to get a good night's sleep!

This resource will help you quickly calculate what time you or your child needs to go to sleep to obtain the amount of sleep needed to minimize behavior and learning problems.

Wake Time	1-3 years old Suggested Bedtime	3-5 years old Suggested Bedtime	5-12 years old Suggested Bedtime	Teenagers Suggested Bedtime	Adults Suggested Bedtime
4:00 am	1:00 - 4:00 pm or 6:00 pm*	3:00 - 4:00 pm or 7:00 pm*	5:00 - 7:00 pm	5:00 - 7:00 pm	8:00 - 9:00 pm
4:30 am	1:30 - 4:30 pm or 6:30 pm*	3:30 - 4:30 pm or 7:30 pm*	5:30 - 7:30 pm	5:30 - 7:30 pm	8:30 - 9:30 pm
5:00 am	2:00 - 5:00 pm or 7:00 pm*	4:00 - 5:00 pm or 8:00 pm*	6:00 - 8:00 pm	6:00 - 8:00 pm	9:00 - 10:00 pm
5:30 am	2:30 - 5:30 pm or 7:30 pm*	4:30 - 5:30 pm or 8:30 pm*	6:30 - 8:30 pm	6:30 - 8:30 pm	9:30 - 10:30 pm
6:00 am	3:00 - 6:00 pm or 8:00 pm*	4:00 - 5:00 pm or 8:00 pm*	7:00 - 9:00 pm	7:00 - 9:00 pm	10:00 - 11:00 pm
6:30 am	3:30 - 6:30 pm or 8:30 pm*	4:30 - 5:30 pm or 8:30 pm*	7:30 - 9:30 pm	7:30 - 9:30 pm	10:30 - 11:30 pm
7:00 am	4:00 - 7:00 pm or 9:00 pm*	5:00 - 6:00 pm or 9:00 pm*	8:00 - 10:00 pm	8:00 - 10:00 pm	11:00 pm - 12:00 am
7:30 am	4:30 - 7:30 pm or 9:30 pm*	5:30 - 6:30 pm or 9:30 pm*	8:30 - 10:30 pm	8:30 - 10:30 pm	11:30 pm - 12:30 am
8:00 am	5:00 - 8:00 pm or 10:00 pm*	7:00 - 9:00 pm or 10:00 pm*	9:00 - 11:00 pm	9:00 - 11:00 pm	12:00 - 1:00 am
8:30 am	5:30 - 8:30 pm or 10:30 pm*	7:30 - 9:30 pm or 10:30 pm*	9:30 - 11:30 pm	9:30 - 11:30 pm	12:30 - 1:30 am
9:00 am	6:00 - 9:00 pm or 11:00 pm*	8:00 - 10:00 pm or 11:00 pm*	10:00 pm - 12:00 am	10:00 pm - 12:00 am	1:00 - 2:00 am
9:30 am	6:30 - 9:30 pm or 11:30 pm*	8:30 - 10:30 pm or 11:30 pm*	10:30 pm - 12:30 am	10:30 pm - 12:30 am	1:30 - 2:30 am
	*plus 2-5 hrs total naptimes 12-15 hrs of daily sleep at this age suggested	*plus 1-3 hrs total naptimes 11-13 hrs of daily sleep at this age suggested	9-11 hrs of daily sleep at this age suggested	9-11 hrs of daily sleep at this age suggested	7-8 hrs of daily sleep at this age suggested

