



When To Hit the Hay

A productive day starts the night before! Here's how to build sleep into your schedule.

		Wake-Up Time						
		6:00 a.m.	6:15 a.m.	6:30 a.m.	6:45 a.m.	7:00 a.m.	7:15 a.m.	7:30 a.m.
Age	Bedtime							
3-5	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	
6-12	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.	10:00 p.m.	10:15 p.m.	10:30 p.m.	
13+	10:00 p.m.	10:15 p.m.	10:30 p.m.	10:45 p.m.	11:00 p.m.	11:15 p.m.	11:30 p.m.	

