



Appropriate Bedtime



Ages 5 - 6 years

Children who need **13 hours** of sleep at night

AWAKE BY

6:00 am

6:30 am

7:00 am

7:30 am

IN BED

5:00 pm

5:15 pm

5:45 pm

6:15 pm

ASLEEP BY

5:00 pm

5:30 pm

6:00 pm

6:30 pm

Children who need **12 hours** of sleep at night

AWAKE BY

6:00 am

6:30 am

7:00 am

7:30 am

IN BED

5:45 pm

6:15 pm

6:45 pm

7:15 pm

ASLEEP BY

6:00 pm

6:30 pm

7:00 pm

7:30 pm

Children who need **11 hours** of sleep at night

AWAKE BY

6:00 am

6:30 am

7:00 am

7:30 am

IN BED

6:45 pm

7:15 pm

7:45 pm

8:15 pm

ASLEEP BY

7:00 pm

7:30 pm

8:00 pm

8:30 pm

Children who need **10.5 hours** of sleep at night

AWAKE BY

6:00 am

6:30 am

7:00 am

IN BED

7:15 pm

7:45 pm

8:15 pm

ASLEEP BY

7:30 pm

8:00 pm

8:30 pm