

At what time should you go to sleep based on your age?



IF I GET UP AT-AM-							
	6:00	6:15	6:30	6:45	7:00	7:15	7:30
AGE	I HAVE TO GO TO SLEEP AT -PM-						
5	6:45	7:00	7:15	7:30	7:30	8:15	8:30
6	7:00	7:15	7:30	7:30	8:00	8:15	8:30
7	7:15	7:15	7:30	8:00	8:15	8:30	8:45
8	7:30	7:30	8:00	8:15	8:30	8:45	9:00
9	7:30	8:00	8:15	8:30	8:45	9:00	9:15
10	8:00	8:15	8:30	8:45	9:00	9:15	9:30
11	8:15	8:30	8:45	9:00	9:15	9:30	9:45
12	8:15	8:30	8:45	9:00	9:15	9:30	9:45

Naps

AGE	TOTAL HRS. OF SLEEP	TOTAL HRS. NIGHT	NAPS (HOURS)
Up to 2 month	16-18	8-9	7-9 (3-5 naps)
2-4 month	14-16	9-10	4-5 (3 naps)
4-6 month	14-15	10	4-5 (2-3 naps)
6-9 month	14	10-12	2-3 (2 naps)
9-12 month	14	10-12	2-3 (1-2 naps)
12-18 month	13-14	11	2 (1 nap)
18-24 month	13-14	11	2 (1 nap)
2-3 year	12-14	10-11	1-2 (1 nap) 0-1 (naps)
3-5 year	11-13	10-11/10-13	-