

At what time should your child go to bed?

		Wake-up time						
		6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
		Sleeping time						
Age								
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	
8	19:30	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 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	

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7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	
8	19:30	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 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	