



## Sleep promotes well-being.

Use this guideline to see if your child is getting enough sleep.

Age	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.
	Bedtime						
5	6:45 p.m.	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.
6	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.
7	7:15 p.m.	7:15 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.
8	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.
9	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.
10	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.
11	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.
12	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.