



# How much sleep does your child need?

## wake-up time:

Age	6:00am	6:15am	6:30am	6:45am	7:00am	7:15am	7:30am
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## Bed-time

3 *	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm
4 *	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm
5	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm
6	7:00pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:30pm
7	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm
8	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm
9	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm
10	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm
11	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm
12	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm
13	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:pm	8:45pm

\* Plus a daytime nap of between 1 and 3 hours' duration