**Georgetown Cross Country Sleep Table**

**What time should I go to bed?**

Wake-up Time

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Hours | 5:30am | 6:00am | 6:30am | 7:00am | 7:30am | 8:00am | 8:30am |

Bedtime

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Fair (8) | 9:30pm | 10:00pm | 10:30pm | 11:00pm | 11:30pm | 12:00am | 12:30am |
| Good (8.5) | 9:00pm | 9:30pm | 10:00pm | 10:30pm | 11:00pm | 11:30pm | 12:00am |
| Superior (9) | 8:30pm | 9:00pm | 9:30pm | 10:00pm | 10:30pm | 11:00pm | 11:30pm |

Research has proven that high school athletes require a minimum of 9 hours of sleep a night on a consistent basis to achieve optimum performance and improvement.