

Bedtime Recommendation by age

Wake up time → Age↓	5:00 AM	5:30 AM	6:00 AM	6:30 AM	7:00 AM	7:30 AM	8:00 AM	8:30 AM
Age 3 12 hours total **	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM
Age 4 11.5 hours. total**	5:30 PM	6:00 PM	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM
Age 5 11 hours total	6:00 PM	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM
Age 6 10.5-11 hours total +	6:15 PM	6:45 PM	7:15 PM	7:45 PM	8:15 PM	8:45 PM	9:15 PM	9:45 PM
Age 7 10.5 hours total	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM
Age 8 10-10.5 hours total +	6:45 PM	7:15 PM	7:45 PM	8:15 PM	8:45 PM	9:15 PM	9:45 PM	10:15 PM
Age 9 10 hours total	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM
Age 10 9.5-10 hours total +	7:15 PM	7:45 PM	8:15 PM	8:45 PM	9:15 PM	9:45 PM	10:15 PM	10:45 PM

** the totals for 3 and 4 years olds are without a nap! Hours can be adjusted by subtracting their total nap time and finding the number of hours required

++ Quarter hours are the split between the recommended average