



When is Bedtime? A Guide for Parents.



 Wake Up Time	06:00	06:15	06:30	06:45	07:00	07:15	07:30
Age	Bedtime 						
1 YEAR	18:00	18:15	18:30	18:45	19:00	19:15	19:30
2 YEARS	18:00	18:15	18:30	18:45	19:00	19:15	19:30
3-5 YEARS	19:00	19:15	19:30	19:45	20:00	20:15	20:30
6-8 YEARS	19:30	19:45	20:00	20:15	20:30	20:45	21:00
9-11 YEARS	20:00	20:15	20:30	20:45	21:00	21:15	21:30
12 YEARS	20:30	20:45	21:00	21:15	21:30	21:45	22:00

