

What time should your child go to bed?

Wake-up time							
	6.00am	6.15am	6.30am	6.45am	7.00am	7.15am	7.30am
Age 5	6.45pm	7.00pm	7.15pm	7.30pm	7.30pm	8.00pm	8.15pm
6	7.00pm	7.15pm	7.30pm	7.30pm	8.00pm	8.15pm	8.30pm
7	7.15pm	7.15pm	7.30pm	8.00pm	8.15pm	8.30pm	8.45pm
8	7.30pm	7.30pm	8.00pm	8.15pm	8.30pm	8.45pm	9.00pm
9	7.30pm	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	8.15pm	8.30pm	8.45pm	9.00pm	9.15pm	9.30pm	9.45pm