

# GOOD NIGHT



Age	Hours of sleep needed	Wind-down routine	Bedtime to wake at 7am
3 to 5	10 to 13 (including naps)	5:30pm to 8:30pm	6pm to 9pm
6 to 12	9 to 12	6:30pm to 9:30pm	7pm to 10pm
13 to 18	8 to 10	8:30pm to 10:30pm	9pm to 11pm