

# Bedtime Guide

		WAKE UP TIME							
		6:00	6:15	6:30	6:45	7:00	7:15	7:30	
Recommended Hours of Sleep	AGE		BED TIME						
	11-12	5	6:45	7:00	7:15	7:30	7:45	8:00	8:15
		6	7:00	7:15	7:30	7:45	8:00	8:15	8:30
	At least 10	7	7:15	7:30	7:45	8:00	8:15	8:30	8:45
		8	7:30	7:45	8:00	8:15	8:30	8:45	9:00
		9	7:45	8:00	8:15	8:30	8:45	9:00	9:15
		10	8:00	8:15	8:30	8:45	9:00	9:15	9:30
		11	8:15	8:30	8:45	9:00	9:15	9:30	9:45
		12	8:30	8:45	9:00	9:15	9:30	9:45	10:00
	9-10	13	8:45	9:00	9:15	9:30	9:45	10:00	10:15
		14	9:00	9:15	9:30	9:45	10:00	10:15	10:30
		15	9:15	9:30	9:45	10:00	10:15	10:30	10:45
		16	9:30	9:45	10:00	10:15	10:30	10:45	11:00
		17	9:45	10:00	10:15	10:30	10:45	11:00	11:15

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How Much Sleep Do You Need?	
Newborns	16-18 hours a day
Preschool-aged children	11-12 hours a day
School-aged children	At least 10 hours a day
Teens	9-10 hours a day
Adults (including the elderly)	7-8 hours a day

Source: National Institutes of Health

## Technology Use Recommendations by Age

Developmental Age	Total	Non-Violent TV	Handheld Devices	Non-Violent Video Games	Violent Video Games	Online Video Games and/or Pornography
0-2	NONE	NEVER	NEVER	NEVER	NEVER	NEVER
3-5	<sup>1</sup> hour/day	✓	NEVER	NEVER	NEVER	NEVER
6-12	<sup>2</sup> hours/day	✓	NEVER	NEVER	NEVER	NEVER
13-18	<sup>2</sup> hours/day	✓	✓	Limit to 30 minutes/day	NEVER	NEVER