

**Wake Chart: Time intervals of when it's good to wake up.**

Fall Asleep @	Full Nights Rest					
	90 min	3 hours	4.5 hours	6 hours	7.5 hours	9 hours
7:00 PM	8:30 PM	10:00 PM	11:30 PM	1:00 AM	2:30 AM	4:00 AM
7:15 PM	8:45 PM	10:15 PM	11:45 PM	1:15 AM	2:45 AM	4:15 AM
7:30 PM	9:00 PM	10:30 PM	12:00 AM	1:30 AM	3:00 AM	4:30 AM
7:45 PM	9:15 PM	10:45 PM	12:15 AM	1:45 AM	3:15 AM	4:45 AM
8:00 PM	9:30 PM	11:00 PM	12:30 AM	2:00 AM	3:30 AM	5:00 AM
8:15 PM	9:45 PM	11:15 PM	12:45 AM	2:15 AM	3:45 AM	5:15 AM
8:30 PM	10:00 PM	11:30 PM	1:00 AM	2:30 AM	4:00 AM	5:30 AM
8:45 PM	10:15 PM	11:45 PM	1:15 AM	2:45 AM	4:15 AM	5:45 AM
9:00 PM	10:30 PM	12:00 AM	1:30 AM	3:00 AM	4:30 AM	6:00 AM
9:15 PM	10:45 PM	12:15 AM	1:45 AM	3:15 AM	4:45 AM	6:15 AM
9:30 PM	11:00 PM	12:30 AM	2:00 AM	3:30 AM	5:00 AM	6:30 AM
9:45 PM	11:15 PM	12:45 AM	2:15 AM	3:45 AM	5:15 AM	6:45 AM
10:00 PM	11:30 PM	1:00 AM	2:30 AM	4:00 AM	5:30 AM	7:00 AM
10:15 PM	11:45 PM	1:15 AM	2:45 AM	4:15 AM	5:45 AM	7:15 AM
10:30 PM	12:00 AM	1:30 AM	3:00 AM	4:30 AM	6:00 AM	7:30 AM
10:45 PM	12:15 AM	1:45 AM	3:15 AM	4:45 AM	6:15 AM	7:45 AM
11:00 PM	12:30 AM	2:00 AM	3:30 AM	5:00 AM	6:30 AM	8:00 AM
11:15 PM	12:45 AM	2:15 AM	3:45 AM	5:15 AM	6:45 AM	8:15 AM
11:30 PM	1:00 AM	2:30 AM	4:00 AM	5:30 AM	7:00 AM	8:30 AM
11:45 PM	1:15 AM	2:45 AM	4:15 AM	5:45 AM	7:15 AM	8:45 AM
12:00 AM	1:30 AM	3:00 AM	4:30 AM	6:00 AM	7:30 AM	9:00 AM
12:15 AM	1:45 AM	3:15 AM	4:45 AM	6:15 AM	7:45 AM	9:15 AM
12:30 AM	2:00 AM	3:30 AM	5:00 AM	6:30 AM	8:00 AM	9:30 AM
12:45 AM	2:15 AM	3:45 AM	5:15 AM	6:45 AM	8:15 AM	9:45 AM
1:00 AM	2:30 AM	4:00 AM	5:30 AM	7:00 AM	8:30 AM	10:00 AM
1:15 AM	2:45 AM	4:15 AM	5:45 AM	7:15 AM	8:45 AM	10:15 AM
1:30 AM	3:00 AM	4:30 AM	6:00 AM	7:30 AM	9:00 AM	10:30 AM
1:45 AM	3:15 AM	4:45 AM	6:15 AM	7:45 AM	9:15 AM	10:45 AM
2:00 AM	3:30 AM	5:00 AM	6:30 AM	8:00 AM	9:30 AM	11:00 AM

Note: Power Naps of less than 45 minutes are also acceptable.

**Sleep Chart: Time intervals of when it's good to go to sleep.**

Wake Up @	Full Nights Rest					
	90 min	3 hours	4.5 hours	6 hours	7.5 hours	9 hours
3:00 AM	1:30 AM	12:00 AM	10:30 PM	9:00 PM	7:30 PM	6:00 PM
3:15 AM	1:45 AM	12:15 AM	10:45 PM	9:15 PM	7:45 PM	6:15 PM
3:30 AM	2:00 AM	12:30 AM	11:00 PM	9:30 PM	8:00 PM	6:30 PM
3:45 AM	2:15 AM	12:45 AM	11:15 PM	9:45 PM	8:15 PM	6:45 PM
4:00 AM	2:30 AM	1:00 AM	11:30 PM	10:00 PM	8:30 PM	7:00 PM
4:15 AM	2:45 AM	1:15 AM	11:45 PM	10:15 PM	8:45 PM	7:15 PM
4:30 AM	3:00 AM	1:30 AM	12:00 AM	10:30 PM	9:00 PM	7:30 PM
4:45 AM	3:15 AM	1:45 AM	12:15 AM	10:45 PM	9:15 PM	7:45 PM
5:00 AM	3:30 AM	2:00 AM	12:30 AM	11:00 PM	9:30 PM	8:00 PM
5:15 AM	3:45 AM	2:15 AM	12:45 AM	11:15 PM	9:45 PM	8:15 PM
5:30 AM	4:00 AM	2:30 AM	1:00 AM	11:30 PM	10:00 PM	8:30 PM
5:45 AM	4:15 AM	2:45 AM	1:15 AM	11:45 PM	10:15 PM	8:45 PM
6:00 AM	4:30 AM	3:00 AM	1:30 AM	12:00 AM	10:30 PM	9:00 PM
6:15 AM	4:45 AM	3:15 AM	1:45 AM	12:15 AM	10:45 PM	9:15 PM
6:30 AM	5:00 AM	3:30 AM	2:00 AM	12:30 AM	11:00 PM	9:30 PM
6:45 AM	5:15 AM	3:45 AM	2:15 AM	12:45 AM	11:15 PM	9:45 PM
7:00 AM	5:30 AM	4:00 AM	2:30 AM	1:00 AM	11:30 PM	10:00 PM
7:15 AM	5:45 AM	4:15 AM	2:45 AM	1:15 AM	11:45 PM	10:15 PM
7:30 AM	6:00 AM	4:30 AM	3:00 AM	1:30 AM	12:00 AM	10:30 PM
7:45 AM	6:15 AM	4:45 AM	3:15 AM	1:45 AM	12:15 AM	10:45 PM
8:00 AM	6:30 AM	5:00 AM	3:30 AM	2:00 AM	12:30 AM	11:00 PM
8:15 AM	6:45 AM	5:15 AM	3:45 AM	2:15 AM	12:45 AM	11:15 PM
8:30 AM	7:00 AM	5:30 AM	4:00 AM	2:30 AM	1:00 AM	11:30 PM
8:45 AM	7:15 AM	5:45 AM	4:15 AM	2:45 AM	1:15 AM	11:45 PM
9:00 AM	7:30 AM	6:00 AM	4:30 AM	3:00 AM	1:30 AM	12:00 AM
9:15 AM	7:45 AM	6:15 AM	4:45 AM	3:15 AM	1:45 AM	12:15 AM
9:30 AM	8:00 AM	6:30 AM	5:00 AM	3:30 AM	2:00 AM	12:30 AM
9:45 AM	8:15 AM	6:45 AM	5:15 AM	3:45 AM	2:15 AM	12:45 AM
10:00 AM	8:30 AM	7:00 AM	5:30 AM	4:00 AM	2:30 AM	1:00 AM

Note: Power Naps of less than 45 minutes are also acceptable.