

wakey wakey, rise and shine

time to sleep	time to wake up		
	4.5hrs	6 hrs	7.5hrs
9.00pm	1.30am	3.00am	4.30am
9.15pm	1.45am	3.15am	4.45am
9.30pm	2.00am	3.30am	5.00am
9.45pm	2.15am	3.45am	5.15am
10.00pm	2.30am	4.00am	5.30am
10.15pm	2.45am	4.15am	5.45am
10.30pm	3.00am	4.30am	6.00am
10.45pm	3.15am	4.45am	6.15am
11.00pm	3.30am	5.00am	6.30am
11.15pm	3.45am	5.15am	6.45am
11.30pm	4.00am	5.30am	7.00am
11.45pm	4.15am	5.45am	7.15am
12.00am	4.30am	6.00am	7.30am
12.15am	4.45am	6.15am	7.45am
12.30am	5.00am	6.30am	8.00am
12.45am	5.15am	6.45am	8.15am
1.00am	5.30am	7.00am	8.30am
1.15am	5.45am	7.15am	8.45am
1.30am	6.00am	7.30am	9.00am
1.45am	6.15am	7.45am	9.15am
2.00am	6.30am	8.00am	9.30am

remember: on average it takes about 15 min to get to sleep, so if you put your head on your pillow at 10.45pm, assume you will fall asleep at 11.00pm