

# SLEEP CALCULATOR

WHEN YOU FALL ASLEEP, YOUR BRAIN AND BODY GO THROUGH SEVERAL CYCLES OF SLEEP. IT TAKES, ON AVERAGE, ABOUT 90 MINUTES TO GO THROUGH A SLEEP CYCLE. COMPLETING FIVE CYCLES A NIGHT MEANS YOU'D GET 7.5 HOURS OF SLEEP, WHILE SIX FULL CYCLES TRANSLATES TO ABOUT 9 HOURS OF SLEEP. IDEALLY, YOU WANT TO WAKE UP AT THE END OF A SLEEP CYCLE INSTEAD OF IN THE MIDDLE OF IT — THAT'S BECAUSE YOU'LL TYPICALLY FEEL MORE REFRESHED AND ENERGIZED IF YOU WAKE UP AT THE END OF A CYCLE.

USE THIS CALCULATOR TO SEE YOUR IDEAL WAKE UP AND BED TIME:

- BEDTIMES ARE BASED ON:
- YOUR WAKE-UP TIME
  - COMPLETING FIVE OR SIX 90-MINUTE SLEEP CYCLES
  - ALLOWING 15 MINUTES TO FALL ASLEEP

Wake-up time	Bedtime: 7.5 hours of sleep (5 cycles)	Bedtime: 9 hours of sleep (6 cycles)
4 a.m.	8:15 p.m.	6:45 p.m.
4:15 a.m.	8:30 p.m.	7 p.m.
4:30 a.m.	8:45 p.m.	7:15 p.m.
4:45 a.m.	9 p.m.	7:30 p.m.
5 a.m.	9:15 p.m.	7:45 p.m.
5:15 a.m.	9:30 p.m.	8 p.m.
5:30 a.m.	9:45 p.m.	8:15 p.m.
5:45 a.m.	10 p.m.	8:30 p.m.
6 a.m.	10:15 p.m.	8:45 p.m.
6:15 a.m.	10:30 p.m.	9 p.m.
6:30 a.m.	10:45 p.m.	9:15 p.m.
6:45 a.m.	11 p.m.	9:30 p.m.
7 a.m.	11:15 p.m.	9:45 p.m.
7:15 a.m.	11:30 p.m.	10 p.m.
7:30 a.m.	11:45 p.m.	10:15 p.m.
7:45 a.m.	12 p.m.	10:30 p.m.
8 a.m.	12:15 a.m.	10:45 p.m.
8:15 a.m.	12:30 a.m.	11 p.m.
8:30 a.m.	12:45 a.m.	11:15 p.m.
8:45 a.m.	1 a.m.	11:30 p.m.
9 a.m.	1:15 a.m.	11:45 p.m.