

SLEEP

ROUTINE CALCULATOR



**WAKE UP
TIME**



**EAT
DINNER**



**TAKE A
BATH**



**TURN OFF
ALL SCREENS**



BEDTIME

5 AM

6 PM

7 PM

7:30 PM

9 PM

6 AM

7 PM

8 PM

8:30 PM

10 PM

7 AM

8 PM

9 PM

9:30 PM

11 PM

8 AM

9 PM

10 PM

10:30 PM

MIDNIGHT

Time To Sleep

SA Dillow



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