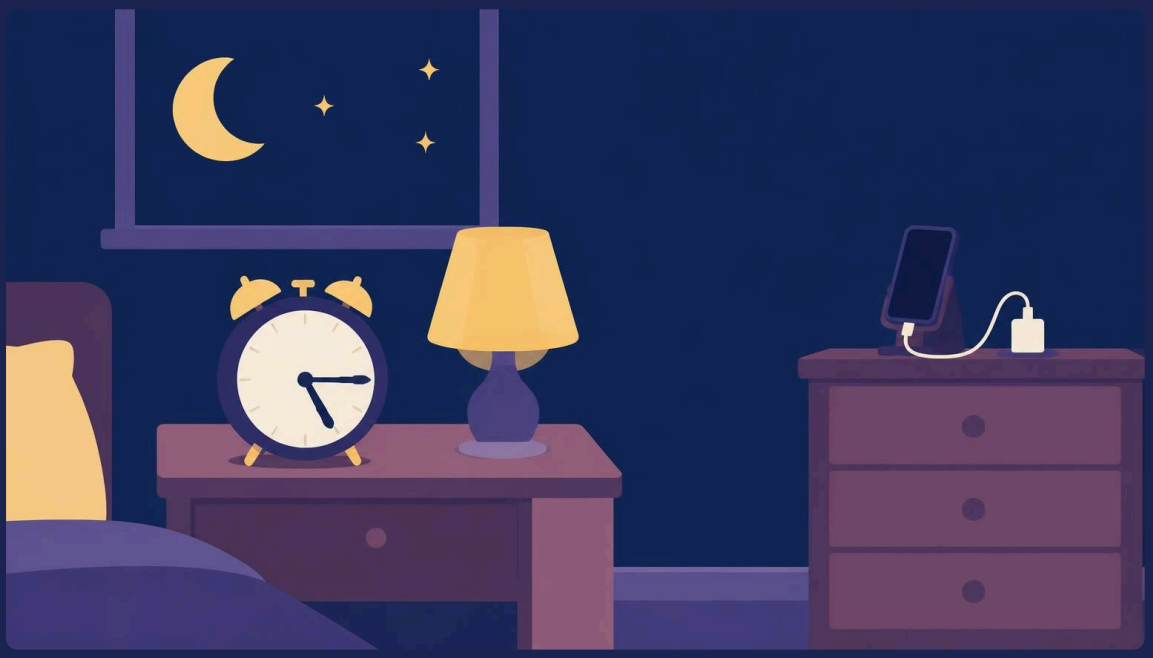
Your 5:15 AM Bedtime Guide

Stop hitting snooze. Start the night before.



An early alarm is hard enough without waking up groggy. This guide shows the three bedtimes that fit a 5:15 AM alarm, and the small habits that make early starts easier.

Why the right bedtime matters



- Sleep runs in cycles of roughly 90 minutes.
- Most people take about 15 minutes to fall asleep.
- Waking at the end of a cycle, when sleep is lighter, usually feels easier than waking in the middle of one.

Going to bed at 10:00 PM gives about 7 hours of sleep, but the 5:15 AM alarm goes off partway through a cycle. Going to bed 30 minutes earlier gives five full cycles instead.

Bedtimes for a 5:15 AM alarm

8:00 PM (20:00)

Asleep by 8:15 PM · 6 cycles, 9 hours. Best for teenagers (recommended 8–10 hours) and anyone catching up after short nights.

9:30 PM (21:30)

Asleep by 9:45 PM · 5 cycles, 7.5 hours. Recommended for most adults: above the 7-hour minimum recommended for adults aged 18 to 60.

11:00 PM (23:00)

Asleep by 11:15 PM · 4 cycles, 6 hours. Occasional late nights only, not a habit.

Adjust for how long you take to fall asleep

Fall asleep in	9 hours	7.5 hours	6 hours
5 min	8:10 PM	9:40 PM	11:10 PM
10 min	8:05 PM	9:35 PM	11:05 PM
15 min (most people)	8:00 PM	9:30 PM	11:00 PM
20 min	7:55 PM	9:25 PM	10:55 PM
30 min	7:45 PM	9:15 PM	10:45 PM

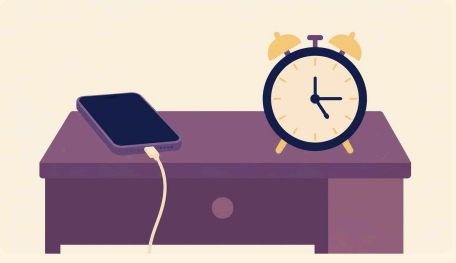
4 habits that make a 5:15 AM start easier

01 Get up when the alarm goes. Snooze gives you short, broken sleep that does little to help, and it often leaves you groggier.

02 Charge your phone away from the bed and use a separate alarm clock. It stops late scrolling, and you have to get up to switch the alarm off.

03 Keep the same bedtime on work nights. Stop caffeine by mid-afternoon, and finish large meals and alcohol a few hours before bed, since both can make sleep lighter and more broken.

04 Parents: school-age children are recommended 9–11 hours of sleep, so an early bedtime for them often frees up the hour you need to wind down yourself.



Different alarm time? Find your bedtime in 10 seconds with the free calculator at **sleepcalchub.com/bedtime-calculator.html**