Your 6:45 AM Bedtime Guide

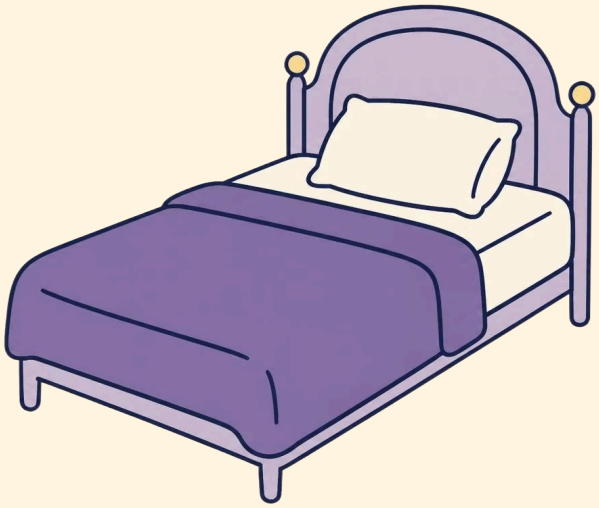
Wake up between sleep cycles, not in the middle of one



Waking up groggy isn't always about how long you sleep. It can be about when your alarm goes off. This guide shows the three bedtimes that fit a 6:45 AM alarm.

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 11:30 PM gives about 7 hours of sleep, but the 6:45 AM alarm goes off partway through a cycle. Going to bed 30 minutes earlier gives five full cycles instead.

Bedtimes for a 6:45 AM alarm

9:30 PM (21:30)



Asleep by 9:45 PM · 6 cycles, 9 hours. Best for teenagers (recommended 8–10 hours) and anyone catching up after short nights.

11:00 PM (23:00)



Asleep by 11:15 PM · 5 cycles, 7.5 hours. Recommended for most adults: above the 7-hour minimum recommended for adults aged 18 to 60.

12:30 AM (00:30)



Asleep by 12:45 AM · 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	9:40 PM	11:10 PM	12:40 AM
10 min	9:35 PM	11:05 PM	12:35 AM
15 min (most people)	**9:30 PM**	**11:00 PM**	**12:30 AM**
20 min	9:25 PM	10:55 PM	12:25 AM
30 min	9:15 PM	10:45 PM	12:15 AM

4 habits that protect your 11 PM bedtime

01 Set a 10:30 PM reminder. The most common reason an 11:00 PM bedtime slips to 12:30 AM is "one more episode" or another scroll through the phone. Decide once, not every night.

02 Keep the same bedtime every night, including Sundays. Regular sleep times matter as much as total hours.

03 Rushed mornings? Don't just set the alarm earlier. Move bedtime by the same amount, or get ready the night before.

04 Tired by mid-afternoon? Try the 9:30 PM bedtime for a week and see if it helps.

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

