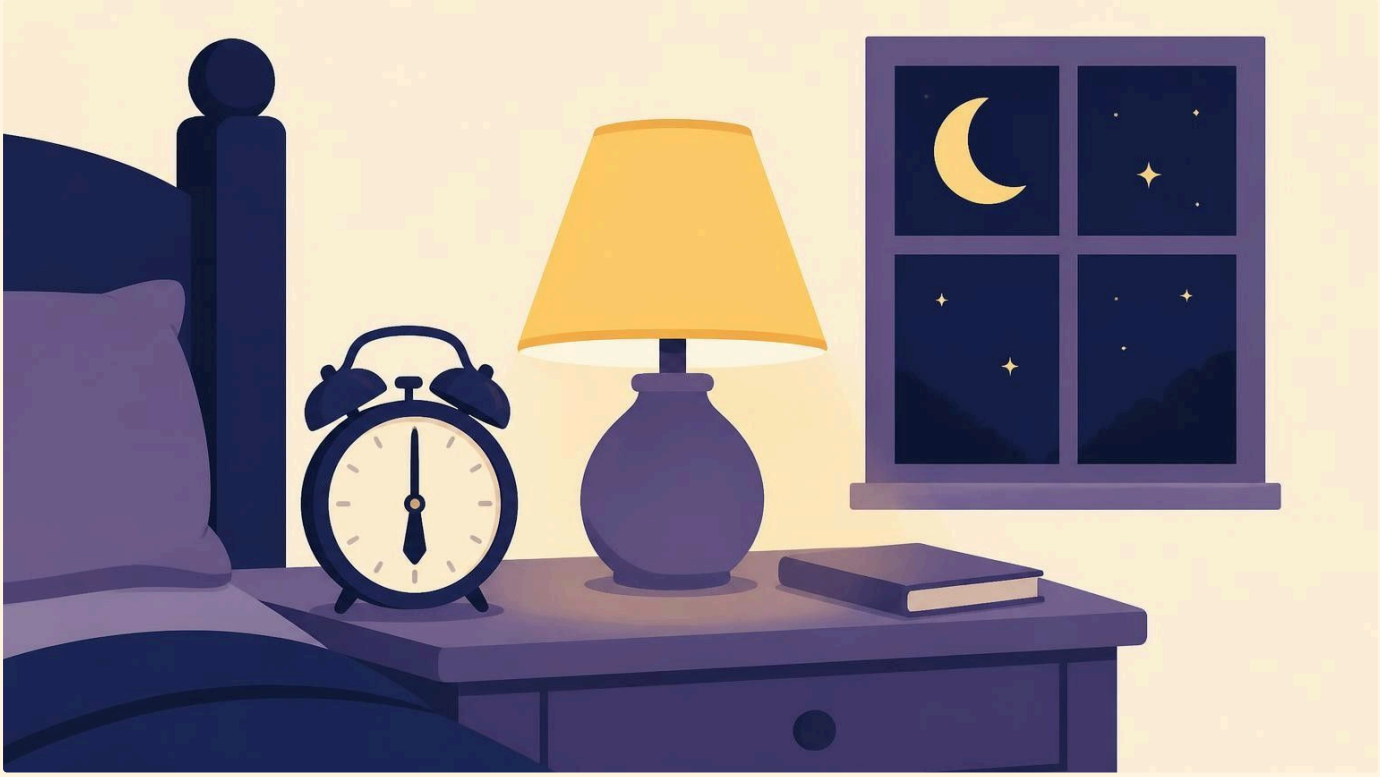
Your 6 AM Bedtime Guide

The most popular alarm time, made easier



A 6:00 AM alarm is one of the most common wake-up times, and one of the easiest to get wrong. This guide shows the three bedtimes that fit it, and the habits that make early mornings feel normal.

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 11:00 PM gives about 6 hours 45 minutes of sleep, and the 6:00 AM alarm goes off partway through a cycle. Going to bed at 10:15 PM instead gives five full cycles.

Bedtimes for a 6 AM alarm



8:45 PM (20:45)

Asleep by 9:00 PM · 6 cycles, 9 hours. Best for teenagers (recommended 8–10 hours), early-shift workers with physical jobs, and anyone catching up after short nights.

10:15 PM (22:15)

Asleep by 10:30 PM · 5 cycles, 7.5 hours. Recommended for most adults: above the 7-hour minimum recommended for adults, and it still leaves an evening after work.

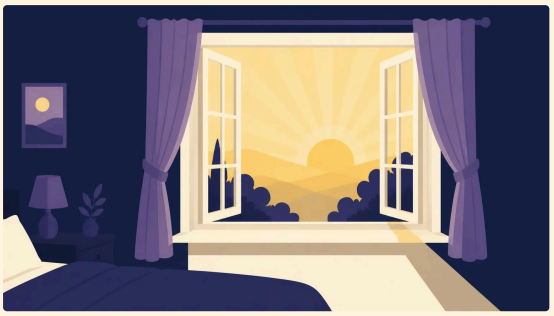
11:45 PM (23:45)

Asleep by midnight · 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	8:55 PM	10:25 PM	11:55 PM
10 min	8:50 PM	10:20 PM	11:50 PM
15 min (most people)	8:45 PM	10:15 PM	11:45 PM
20 min	8:40 PM	10:10 PM	11:40 PM
30 min	8:30 PM	10:00 PM	11:30 PM

4 habits that make a 6 AM start easier



01 Wind down 30 minutes before bed. Aiming for 10:15 PM? Start at around 9:45 PM: dim the lights and put your phone on charge in another room.

02 Keep your wake-up time steady, even at weekends, or within about an hour of 6:00 AM. It helps more than any single early night.

03 Get daylight soon after you wake, even through a window. It helps set your body clock for early mornings.

04 Missed 10:15 PM? Go to bed as soon as you can rather than staying up for 11:45 PM. A little extra sleep generally beats perfect cycle timing.

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