Your 8 AM Bedtime Guide

For work-from-home days and later starts



A later alarm should make mornings easier. But without a commute, evenings stretch out and bedtime quietly drifts later. This guide shows the three bedtimes that fit an 8:00 AM alarm, and how to stop the drift.

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 1:00 AM gives about 6 hours 45 minutes of sleep, and the 8:00 AM alarm goes off partway through a cycle. Going to bed at 12:15 AM instead gives five full cycles.

Bedtimes for an 8 AM alarm



10:45 PM (22:45)

Asleep by 11:00 PM · 6 cycles, 9 hours. Best for teenagers (recommended 8–10 hours) and anyone catching up after short nights.

12:15 AM (00:15)

Asleep by 12:30 AM · 5 cycles, 7.5 hours. Recommended for most adults: above the 7-hour minimum recommended for adults aged 18 to 60, and within the 7–9 hours recommended for young adults.

1:45 AM (01:45)

Asleep by 2:00 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	10:55 PM	12:25 AM	1:55 AM
10 min	10:50 PM	12:20 AM	1:50 AM
15 min (most people)	10:45 PM	12:15 AM	1:45 AM
20 min	10:40 PM	12:10 AM	1:40 AM
30 min	10:30 PM	12:00 AM (midnight)	1:30 AM

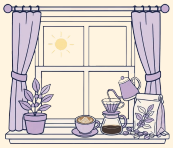
4 habits that stop bedtime drifting

01 Set a fixed wind-down time: around 11:30 PM for a 12:15 AM bedtime, or 10:00 PM for a 10:45 PM bedtime. It also gives you a clear point to put work away when your desk is at home.

02 Get daylight early. Have breakfast near a window or take a short walk, so your body clock doesn't keep drifting later through the week.

03 Keep your sleep and wake-up times steady every day, including weekends.

04 Students and night owls: going later than 1:45 AM on a regular basis is likely to leave you short of sleep.



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