

TABLE 1 Bedtime Percentiles

by Age of Child

	25% Percentile	50% Median	75% Percentile	95% Percentile	99% Percentile
6 years old	8:00 p.m.	8:30 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.
7 years old	8:00 p.m.	8:30 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.
8 years old	8:30 p.m.	9:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.
9 years old	8:30 p.m.	9:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.
10 years old	9:00 p.m.	9:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.
11 years old	9:00 p.m.	9:00 p.m.	9:30 p.m.	10:30 p.m.	11:00 p.m.
12 years old	9:00 p.m.	9:30 p.m.	10:00 p.m.	11:00 p.m.	11:30 p.m.
13 years old	9:00 p.m.	9:30 p.m.	10:00 p.m.	11:00 p.m.	12:30 a.m.
14 years old	9:30 p.m.	10:00 p.m.	10:30 p.m.	11:00 p.m.	12:00 a.m.
15 years old	9:30 p.m.	10:00 p.m.	10:30 p.m.	11:30 p.m.	1:00 a.m.
16 years old	10:00 p.m.	10:00 p.m.	11:00 p.m.	12:00 p.m.	1:30 a.m.
17 years old	10:00 p.m.	10:30 p.m.	11:00 p.m.	1:00 a.m.	3:00 a.m.

Source: Child Health Supplement to 1988 National Health Interview Survey (NHIS), N=10,131