

## Oswego East Distance Sleep Chart

Wake Up Time	5:30am	6:00am	6:30am	7:00am	7:30am	8:00am	8:30am
Unacceptable	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM	1:00 AM
Needs Improvement	9:45 PM	10:15 PM	10:45 PM	11:15 PM	11:45 PM	12:15 AM	12:45 AM
Acceptable	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM
Good	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM
Great	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM
High Performer	7:45 PM	8:15 PM	8:45 PM	9:15 PM	9:45 PM	10:15 PM	10:45 PM
Champion	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM