ENTER AGE HERE

"age here"

ENTER TIME HERE

"time"

MINIMUM SLEEP TIME

Hrs

RECOMMENDED SLEEP TIME

Hrs

toggle bedtime/
wakeup time

When
Toggled

ENTER AGE HERE

"age here"

ENTER TIME TO WAKE UP BY HERE

"time"

GO TO SLEEP BY- MIN SLEEP

time

GO TO SLEEP BY- RECOMMENDED SLEEP

Hrs

toggle bedtime/
wakeup time