

# DAYLIGHT SAVING FALL TIME



DAY	WAKE-UP	NAP & MEAL	BEDTIME
Monday - Tuesday	7:15 am	15 minutes later	7:15 pm
Wednesday - Thursday	7:30 am	30 minutes later	7:30 pm
Friday - Saturday	7:45 am	45 minutes later	7:45 pm
Sunday	7am (new time)	1 hour later	7pm (new time)