

DAYLIGHT SAVING SPRING TIME



DAY	WAKE-UP	NAP & MEAL	BEDTIME
Monday - Tuesday	6:45 am	15 minutes earlier	6:45 pm
Wednesday - Thursday	6:30 am	30 minutes earlier	6:30 pm
Friday - Saturday	6:15 am	45 minutes earlier	6:15 pm
Sunday	7am (new time)	1 hour earlier	7pm (new time)