

Hour

Description

Example: Midnight	Sleep
Midnight	
1 a.m.	
2 a.m.	
3 a.m.	
4 a.m.	
5 a.m.	
6 a.m.	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
12 noon	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	
9 p.m.	
10 p.m.	
11 p.m.	