

NIGHT	MORNING	AFTERNOON	EVENING
12-1am	6-7am	12-1pm	6-7pm
1-2am	7-8am	1-2pm	7-8pm
2-3am	8-9am	2-3pm	8-9pm
3-4am	9-10am	3-4pm	9-10pm
4-5am	10-11am	4-5pm	10-11pm
5-6am	11am-12pm	5-6pm	11pm-12am