After 8
It’s far too late

For:
Caffeine and energy drinks
Chocolate and sugary snacks
Violent and/or stressful computer games and TV

After 9
It’s now not fine

For:
Any screen and electronic device including texting and social media
Exercise and other busy activities

After 10
It’s now time when

It’s time to sleep:
Any homework stops
Bath or shower is done
Teeth and toilet done
Lights off