



Korean Ladder Study Note

몇 시에 일어나요

Small Talk About Sleep and Daily Routines

Level	Topic	Focus
A1 · Beginner TOPIK 1	Conversation Small Talk	몇 시에 일어나요 Small Talk About Sleep and Daily Routines

Study Links

Open this lesson on Korean Ladder

<https://www.koreanladder.com/lesson.html?id=KOR-A1-CONV-SML-006>

Watch the full video on YouTube

<https://www.youtube.com/watch?v=8gZxJLqFpbQ>

Visit [koreanladder.com](https://www.koreanladder.com) for all free lessons

<https://www.koreanladder.com>

Core Idea

I can ask 이름이 뭐예요, but if I want friendly small talk, I freeze. How do I ask, what time do you wake up?

좋은 질문이에요. Korean has a very useful pattern for time questions.

And for bedtime, you can ask, 몇 시에 자요? It is simple and very common.

오늘의 패턴은 몇 시에, plus an action, plus 요. In English, it means, at what time do you do the action.

Conversation Snapshot

Speaker	Korean	Meaning
Hana	준호 씨, 보통 몇 시에 일어나요? —	Junho, what time do you usually wake up?
Junho	저는 보통 일곱 시에 일어나요. —	I usually wake up at seven.
Junho	하나 씨는 몇 시에 자요? —	Hana, what time do you go to bed?



Speaker	Korean	Meaning
Hana	저는 보통 밤 열한 시에 자요. —	I usually go to bed at eleven at night.

Vocabulary & Useful Expressions

Word	Meaning	Example
일어나요 / 자요 ireonayo / jayo	wake up or get up / sleep or go to bed	맞아요. 일어나요 means wake up or get up. 자요 means sleep, and in this routine question it often means go to bed.
시간 + 에 sigan + e	at a time	I notice the 에 after the time. 일곱 시에. 열두 시에. It is like at seven, at twelve.
일곱 시에 ilgop si-e	at seven o'clock	Exactly. 에 marks a time point. In English, think at. 일곱 시에, at seven o'clock.
몇 시에 myeot si-e	at what time	Right. In casual fast speech, people may reduce things, but as a learner, keep 에. It sounds clear and natural.
여섯 시 반에 일어나요 yeoseot si ban-e ireonayo	Small Talk About Sleep and Daily Routines	여섯 시 반에 일어나요. Six thirty. I like that one.
오전 / 오후 ojeon / ohu	a.m. / p.m.	Good. For morning and afternoon, Korean often uses 오전 and 오후. 오전 여덟 시 means eight in the morning.
밤 열한 시에 자요 bam yeolhan si-e jayo	I go to bed at 11 p.m.	Let me reason it out. 밤 열한 시에 자요 is not I sleep for eleven hours. It is I sleep at eleven, like bedtime.
몇 시 ≠ 몇 시간 myeot si ≠ myeot sigan	what time is not how many hours	Correct. 몇 시 means what clock time. 몇 시간 means how many hours. They are different.



Grammar / Structure Notes

몇 시에 일어나요?

몇 시에 일어나요? — What time do you wake up?

몇 시에 = at what time

몇 시에 자요?

몇 시에 자요? — What time do you sleep? / What time do you go to bed?

Natural small talk about routines

몇 시에 + 동사 + 요?

몇 시에 + 동사 + 요? — What time do you verb?

Ask about a regular daily schedule

몇 시에 일어나요?

몇 시에 일어나요? — What time do you wake up?

일어나다 → 일어나요

일어나요 / 자요

일어나요 / 자요 — wake up or get up / sleep or go to bed

Polite 요-form

Pronunciation Loop

Phrase	How to practice
여섯 시 반에 일어나요	yeoseot si ban-e ireonayo
몇 시에 일어나요?	myeot si-e ireonayo?
몇 시에 자요?	myeot si-e jayo?
저는 일곱 시에 일어나요.	jeo-neun ilgop si-e ireonayo.
저는 밤 열두 시에 자요.	jeo-neun bam yeoldu si-e jayo.
몇 시에	myeot si-e
일어나요	ireonayo
일어나요. 몇 시에 일어나요?	ireonayo. myeot si-e ireonayo?

Self-Check

1 Say 몇 시에 일어나요 three times: slow, natural, then inside a short sentence.



- 2 Write one original sentence that was not in the video.
- 3 Rewatch the YouTube lesson and pause when the same pattern appears.

Related / Subsequent Studies

Lesson	Why study it next	Link
날씨 좋네요 / 주말 잘 보내세요 Easy Small Talk to Start and End a Chat	A1 Conversation: compare 날씨 좋네요 / 주말 잘 보내세요 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-CONV-SML-001
사진 한 장만 찍어 주시겠어요 Asking a Stranger to Take Your Photo	A1 Conversation: compare 사진 한 장만 찍어 주시겠어요 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-CONV-SML-003
예쁘네요 / 멋있어요 / 맛있겠다 칭찬으로 대화 열기	A1 Conversation: compare 예쁘네요 / 멋있어요 / 맛있겠다 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-CONV-SML-002
이름 예쁘네요 / 한국 이름이에요 Asking About and Complimenting Names	A1 Conversation: compare 이름 예쁘네요 / 한국 이름이에요 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-CONV-SML-004

My Notes

Your ladder to fluent Korean. This PDF, the website, and the video lessons are free for personal study.