Convert 12-hour clock and 24-hour clock times

am times

To change am times to the 24-hour clock just put a 0 in front of the hour (except for when the hours are 11 or 12)

pm times

To change pm times to the 24-hour clock just put add 12 hours (except for 12.00 midnight, which is shown as 00.00, not 24.00)

Rememeber: 12 midnight is 12am and 12 noon (midday) is 12pm

12-hour clock	24-hour clock
6.00am	06.00
22.00pm	22.00
1.00am	
7.00pm	
	08.00
	16.00
9.30pm	
	2.45pm
3.45am	
12.00pm	
	00.00

12-hour clock	24-hour clock
6.20am	
	23.40
10.50am	
4.10pm	
	07.06
	17.43
5.37pm	
	8.21pm
9.04am	
12.08am	
	12.26