The Jewish Day

6:00	A.M.	Sunrise	End of 4th watch
7:00		1st hour	
8:00		2nd hour	
9:00		3rd hour	
10:00		4th hour	
11:00		5th hour	
12:00	Noon	6th hour	
1:00	P.M.	7th hour	
2:00		8th hour	
3:00		9th hour	
4:00		10th hour	
5:00		11th hour	

6:00		Sunset Beginning of 1st watch
7:00		
8:00		
9:00		End of 1st watch Beginning of 2nd watch
10:00		
11:00		
12:00	Midnight	End of 2nd watch Beginning of 3rd watch
1:00	A.M.	
2:00		
3:00		End of 1st watch Beginning of 2nd watch
4:00		
5:00		

Behold, I will bring the shadow on the sundial, which has gone down with the sun on the sundial of Ahaz, ten degrees backward. So the sun returned ten degrees on the dial by which it had gone down.

Isaiah 38:8