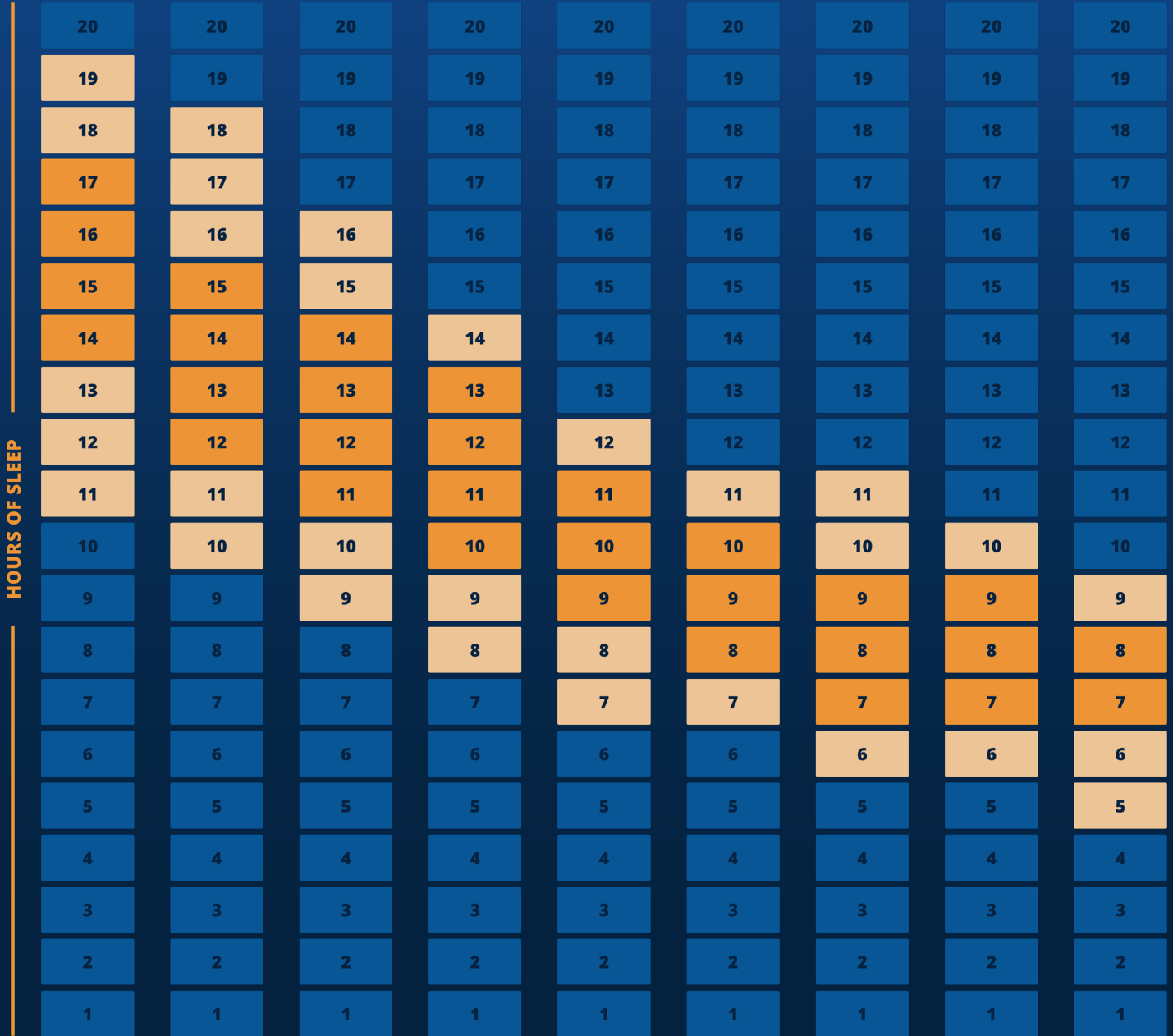


# How Much Sleep Do I Need?

## Recommendations by Age Group



NATIONAL SLEEP FOUNDATION



Newborn  
0 - 3 MONTHS

14 TO 17 HOURS



Infant  
4 - 11 MONTHS

12 TO 15 HOURS



Toddler  
1 - 2 YEARS

11 TO 14 HOURS



Preschool  
3 - 5 YEARS

10 TO 13 HOURS



School Age  
6 - 13 YEARS

9 TO 11 HOURS



Teenager  
14 - 17 YEARS

8 TO 10 HOURS



Young Adult  
18 - 25 YEARS

7 TO 9 HOURS



Adult  
26 - 64 YEARS

7 TO 9 HOURS



Older Adult  
65+ YEARS

7 TO 8 HOURS



RECOMMENDED RANGE



MAY BE APPROPRIATE FOR SOME



NOT RECOMMENDED RANGE