

Sound Sleep



Sleep Recommendations by Age

Sleep needs vary as we age and are especially impacted by lifestyle and health. To determine how much sleep you need, it's important to assess not only where you fall on the "sleep needs spectrum" but also what lifestyle factors are affecting the quality and quantity of your sleep. The following recommendations serve as general guidelines agreed upon by sleep experts.

AGE GROUP		RECOMMENDED HOURS OF SLEEP PER DAY
Newborn	0-3 months	14-17 hours
Infant	4-12 months	12-16 hours (including naps)
Toddler	1-2 years	11-14 hours (including naps)
Preschool	3-5 years	10-13 hours (including naps)
School Age	6-12 years	9-12 hours
Teen	13-18 years	8-10 hours
Adult	18-64 years	7-9 hours
	65 years and older	7-8 hours

Sources: Centers for Disease Control and Prevention (www.cdc.gov) and National Sleep Foundation (www.sleepfoundation.org)