

How much sleep do you need?

Recommendations for the whole family



A UnitedHealthcare Company

We all need sleep to live healthy, productive lives. But the amount of sleep our bodies need changes over time. Infants and small children need the most sleep to support healthy growth, while older adults require fewer hours. Below are the National Sleep Foundation's guidelines for how much sleep we need at each stage of life:

35%
of Americans
report the quality
of their sleep as
poor or fair.

As we age, the amount of sleep we need decreases.

Newborns
0 - 3 months
14-17 hours

Infants
4 - 11 months
12-15 hours

Toddlers
1 - 2 years
11-14 hours

Preschoolers
3 - 5 years
10-13 hours

School age
6 - 13 years
9-11 hours

Pre-teens
8-10 hours

Teens
8-10 hours

Adults
7-9 hours

Adults over 65
7 hours

