How much sleep do you need?

Recommendations for the whole family

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:

- **Newborns**
  - 0 - 3 months
  - 14-17 hours

- **Infants**
  - 4 – 11 months
  - 12-15 hours

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

- **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

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

Source: National Sleep Foundation - sleepfoundation.org; sleepeducation.org

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