Healthy Sleep Duration

Make it a priority to get the following hours of sleep on a regular basis for optimal health at each stage of life.

4 – 12 months

12 – 16 hours
including naps

1 – 2 years

11 – 14 hours
including naps

3 – 5 years

10 – 13 hours
including naps

6 – 12 years

9 – 12 hours

13 – 18 years

8 – 10 hours

18+ years

7+ hours

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