Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you 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

- **3 – 5 years**
  - 10 – 13 hours including naps

- **1 – 2 years**
  - 11 – 14 hours including naps

- **6 – 12 years**
  - 9 – 12 hours

- **13 – 18 years**
  - 8 – 10 hours

- **18+ years**
  - 7+ hours

SleepEducation.org

A sleep health information resource by the American Academy of Sleep Medicine