



## Average Sleep Needs

<b>Age</b>	<b>Recommended</b>
Newborns <i>0-3 months</i>	14 to 17 hours
Infants <i>4-11 months</i>	12 to 15 hours
Toddlers <i>1-2 years</i>	11 to 14 hours
Preschoolers <i>3-5 years</i>	10 to 13 hours
School-aged children <i>6-13 years</i>	9 to 11 hours
Teenagers <i>14-17 years</i>	8 to 10 hours
Young adults <i>18-25 years</i>	7 to 9 hours

Based on recommendations by the National Sleep Foundation