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
- **13 - 18 years**: 8 – 10 hours
- **18+ years**: 7+ hours
- **1 - 2 years**: 11 – 14 hours including naps
- **6 - 12 years**: 9 – 12 hours

SleepEducation.org

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