

Healthy

SLEEP HABITS

By Age

NEWBORNS

0-2 months



16-17 HOURS

As any parent can tell you, newborns alternate sleeping and eating throughout the day, accumulating between 16 and 17 hours of sleep.



Limit caffeine intake for deeper sleep

12-15 HOURS



3-11 months

Babies begin to settle into a long 12-15 hour nighttime sleep and will generally take one to four naps of 30 minutes or more during the day.

INFANTS

TODDLERS

1-2 years



11-14 HOURS

Toddlers are developing a solid nighttime sleep session, but will still want two or more naps during the day to reach their 11-14 hours.

...ZZZ

40 percent of American adults get less than the recommended hours of sleep

10-13 HOURS



3-5 years

Preschoolers sleep in one session, but will often have difficulty falling asleep. A growing imagination may also account for more nightmares, sleepwalking and waking up in the middle of the night.

PRESCHOOLERS

CHILDREN

6-13 years



10-11 HOURS

Right around the time they start attending school, children will stop napping and sleep in one consolidated session of about 10 hours.



Your bed is for sleeping - doing other activities like work in bed can send the wrong message to your brain when it's time to wind down

9-10 HOURS



14-17 years

A natural biological shift in the teen years is behind your child's late nights, morning struggles and quest for 10 hours of sleep.

TEENAGERS

ADULTS

18-64 years



7-9 HOURS

Adults wake early after 7-9 hours of sleep, a habit that will continue late into life.

LESS THAN 8 HOURS



65+ years

After middle age, adults still wake early from habit, but sleep will be lighter and for 8 hours or less. The elderly may often feel tired throughout the day as well.

ELDERLY

Recommended range of sleep hours can vary based on individual needs.

Sources