Healthy Sleep Habits By Age

**Newborns**

0-2 months

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

12-15 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**

1-2 years

Toddlers are developing a solid nighttime sleep session, but will still want two or more naps during the day to reach their 10-14 hours.

10-13 hours

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.

**Children**

6-13 years

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

9-10 hours

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**

14-17 years

**Adults**

18-64 years

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

**Elderly**

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.

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

Sources: