



HEALTHY SLEEP HABITS



BY AGE

NEWBORNS

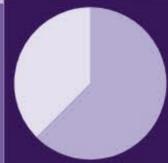
0-3 MONTHS



14-17 HOURS

Newborns alternate sleeping and eating throughout the day, accumulating 14 to 17 hours of sleep.

4-11 MONTHS



12-16 HOURS

Babies begin to settle into a 12- to 16-hour nighttime sleep. They will generally take one to four naps of 30 minutes or more.

TODDLERS

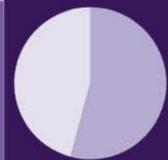
1-2 YEARS



11-14 HOURS

Toddlers develop a solid nighttime sleep session, but may still take two or more naps during the day.

3-5 YEARS

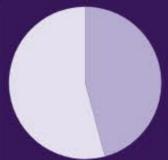


10-13 HOURS

Preschoolers sleep in one session, but might have difficulty falling asleep. A growing imagination may account for more nightmares, sleepwalking and other interruptions.

CHILDREN

6-12 YEARS



9-12 HOURS

As they begin going to school, children will stop napping and sleep in one consolidated session of about 10 hours.

13-17 YEARS



8-10 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.

ADULTS

18+ YEARS



7-9 HOURS

Most adults wake naturally after seven to nine hours. Older adults (65 or more years) may wake early by habit and experience lighter sleep.

INFANTS

PRE-K

TEENS