

Sleep is Important at All Ages

z Z z



Ages

Requirement

Newborns (0–3 months)

14–17 hours of sleep

Infants (4–11 months)

12–15 hours of sleep

Toddlers (1–2 years)

11–14 hours of sleep

Preschoolers (3–5 years)

10–13 hours of sleep

School Age Children (6–13 years)

9–11 hours of sleep

Teens (14–17 years)

8–10 hours of sleep

Younger adults (18–25 years)

7–9 hours of sleep

Adults (26–64 years)

7–9 hours of sleep

Older Adults (65+ years)

7–8 hours of sleep



PerformanceTriad.mil

TA-229-0615