Healthy Sleep Duration

Make it a priority to 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
- 1 – 2 years: 11 – 14 hours including naps
- 6 – 12 years: 9 – 12 hours
- 18+ years: 7+ hours

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