

## How much sleep does a child need?

### National Sleep Foundation's Sleep Duration Recommendations 2015:

Age	Recommended	May be appropriate	Not recommended
Newborns <i>0-3 months</i>	14 to 17 hours	11 to 13 hours 18 to 19 hours	Less than 11 hours More than 19 hours
Infants <i>4-11 months</i>	12 to 15 hours	10 to 11 hours 16 to 18 hours	Less than 10 hours More than 18 hours
Toddlers <i>1-2 years</i>	11 to 14 hours	9 to 10 hours 15 to 16 hours	Less than 9 hours More than 16 hours
Preschoolers <i>3-5 years</i>	10 to 13 hours	8 to 9 hours 14 hours	Less than 8 hours More than 14 hours
School-aged Children <i>6-13 years</i>	9 to 11 hours	7 to 8 hours 12 hours	Less than 7 hours More than 12 hours
Teenagers <i>14-17 years</i>	8 to 10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
Young Adults <i>18-25 years</i>	7 to 9 hours	6 hours 10 to 11 hours	Less than 6 hours More than 11 hours