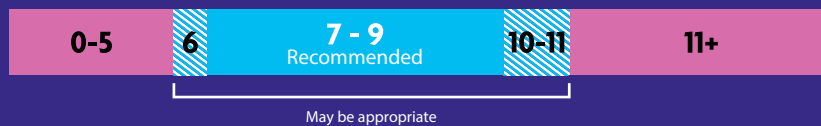


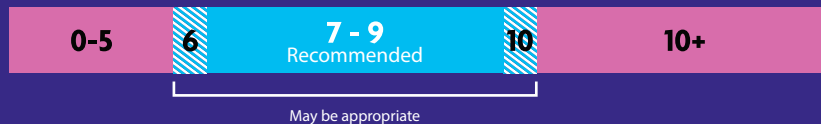
Getting enough sleep?

How many hours of sleep do you need?

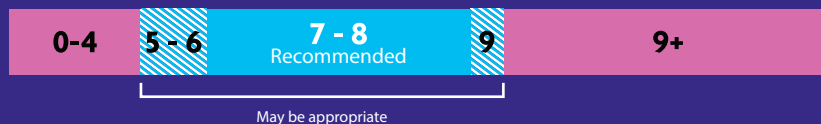
Young adult (18 - 25 years)



Adult (26 - 34 years)



Older adult (65+ years)



The average adult needs between 7 and 9 hours of sleep. However, everyone is different. So some people will need slightly less or slightly more than the recommended amount.

The recommended amount of sleep for adults can vary based on a range of factors, including age, gender, lifestyle, and health issues.

Sleep is vital for your health and wellbeing, so it's important that you get enough good quality sleep. Fewer than 6 hour's sleep is considered not enough for most adults under 65, and for most adults, sleeping over 10 hours each night may be a symptom of an underlying health condition and should be investigated by your GP.

To learn more visit

sleepaction.org