

How much sleep do we need at different stages in our lives?

At each point in our lives, our sleep needs change. This is shown below. The growth taking place during childhood and the considerable amount of learning done means that sleep during this time is very important. These are average amounts; we know that we are all different, so some will need less and others more.








 Newborns 0–3 Months 14–17 hours	 Infants 4–11 Months 12–15 hours	 Preschoolers 3–5 years 11–14 hours	 School-aged children 6–13 years 9–11 hours
 Teenagers 14–17 years 8–10 hours	 Young adults 18–25 years 7–9 hours	 Adults 26–64 years 7–8 hours	 Older adults 65+ years 7–8 hours

Table 2: Average sleep quantities in our lifetime.