Sleep Durations by Age *(National Sleep Foundation)*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **19** |  |  |  |  |  |  |  |
| **18** |  |  |  |  |  |  |  |
| **17** |  |  |  |  |  |  |  |
| **16** |  |  |  |  |  |  |  |
| **15** |  |  |  |  |  |  |  |
| **14** |  |  |  |  |  |  |  |
| **13** |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |
| **1 -5** |  |  |  |  |  |  |  |
| **Hours of sleep** | **0-3 Months** | **4-11 Months** | **1-2-Years** | **3-5- Years** | **6-13 – Years** | **14-17**  **Years** | **18-25**  **Years** |

**Recommended**

**May be Appropriate**