



## Sleep Durations by Age *(National Sleep Foundation)*

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

**Recommended**

**May be Appropriate**