

Age-wise Recommended hours of Sleep *

	Age - Group	Age range	Recommended hours of sleep per day*	Ideal bedtime
7	Newborn	0-3 months	14 to 17	N/A
	Infant	4-11 months	12 to 15	6 - 7 p.m.
	Toddler	1-2 years	11 to 14	7 - 7:30 p.m.
	Preschool	3-5 years	* 10 to 13	7 - 8 p.m. 📩
	School-age	6-13 years	9 to 11	8 - 9:30 p.m.
	★ Teen	14-17 years	8 to 10	9 - 10:30 p.m.
	Adult	18-64 years	7 to 9	8 - 12 p.m.
7	Older adult	65+ years	7 to 8	8 - 12 p.m.

*Per National Sleep Foundation guidelines



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