



Age-wise Recommended hours of Sleep ★

Age - Group	Age range ★	Recommended hours of sleep per day*	Ideal bedtime
★ 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.
★ Older adult	65+ years	7 to 8	8 - 12 p.m.

***Per National Sleep Foundation guidelines**