



# Get Adequate Sleep- Age-wise Recommended Hours



Age - Group	Age range	Recommend hours of sleep per day*
School-age	6-13 years	9 to 11
Teen	14-17 years	8 to 10
Adult	18-64 years	7 to 9
Older adult	65+ years	7 to 8

*\*Source: National Sleep Foundation*

**Sleep Well, Live Well — Follow Age-wise Sleep Hours!**