



RECOMMENDED AMOUNT OF SLEEP

Age Group	Years	Recommended Amount of Sleep Time
Infants	3 - 12 Months	14 - 15 hours per 24 hours
Toddlers	1-3 Years	12 - 14 hours per 24 hours
Preschoolers	3-5 Years	11 - 13 hours per 24 hours
School Age	6-12 Years	10 - 12 hours per 24 hours
Teenagers	13-19 Years	9 - 9 1/2 hours per 24 hours
Adults	20+ Years	6 1/2 - 7 hours per 24 hours
Senior Citizens	65+ Years	8 - 10 hours per night

Sleep Tip: There are additional benefits to sleep before midnight, getting an early, good night's rest really does matter! 😊 😴