

# How Much Sleep Do I Need?

Newborns to  
3 Months



14 to 17 hours

4 to 11  
Months



12 to 15 hours

1 to 2 Years



11 to 14 hours

3 to 5 Years



10 to 13 hours

6 to 13 Years



9 to 11 hours

14 to 17 Years



8 to 10 hours

Adults



7 to 9 hours



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