



Sleep and Sleep Disorders

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How Much Sleep Do I Need?

How much sleep you need changes as you age.

Age Group		Recommended Hours of Sleep Per Day
Newborn	0–3 months	14–17 hours (National Sleep Foundation) ¹ No recommendation (American Academy of Sleep Medicine) ²
	4–12 months	12–16 hours per 24 hours (including naps) ²
Toddler	1–2 years	11–14 hours per 24 hours (including naps) ²
Preschool	3–5 years	10–13 hours per 24 hours (including naps) ²
School Age	6–12 years	9–12 hours per 24 hours ²
Teen	13–18 years	8–10 hours per 24 hours ²
Adult	18–60 years	7 or more hours per night ³
	61–64 years	7–9 hours ¹
	65 years and older	7–8 hours ¹

Although the amount of sleep you get each day is important, other aspects of your sleep also contribute to your health and well-being. Good sleep quality is also essential. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of [sleep disorders](#) (such as snoring or gasping for air). Improving sleep quality may be helped by better [sleep habits](#) or being diagnosed and treated for any sleep disorder you may have.

References:

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2. Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, et al. Recommended amount of sleep for pediatric populations: a consensus statement of the American Academy of Sleep Medicine. *J Clin Sleep Med*. 2016;12(6):785–786.
3. Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015;38(6):843–844.

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