

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3-11 months)	14-15 hours
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-aged children (5-10 years)	10-11 hours
Adolescents (10-17 years)	8.5-9.25 hours
Adults (18-64 years)	7-9 hours
Elders (65+ years)	7-9 hours