

*Sleep
Required
for
Good
Health*

AGE	SLEEP HOURS PER NIGHT
Newborns (1 – 2 months)	14 – 18 hours
Infants (3 – 11 months)	13 – 16 hours
Toddlers (1 – 3 years)	12 – 14 hours
Preschoolers (3 – 5 years)	11 – 13 hours
Children (5 – 12 years)	10 – 11 hours
Teens(13 – 17 years)	9 – 10 hours
Adults (18+)	7 – 9 hours

Credit: Maple Majlis

Tips
OCTOBER