Sleep and Sleep Disorders

CDC Centers for Disease Control and Prevention
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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]
Infant	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:

1. Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, et al. The National Sl[...] recommendations: methodology and results summary. *Sleep Health*. 2015 [...]

2. Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, et al. Reco[...] populations: a consensus statement of the American Academy of Sleep Me[...]

3. Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for [...] the American Academy of Sleep Medicine and Sleep Research Society. *Slee*[...]

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