

NEW RECOMMENDED SLEEP AVERAGES

Newborns (0-3 months)		Sleep range narrowed to 14-17 hours* each day (previously it was 12-18)
Infants (4-11 months)		Sleep range widened two hours to 12-15 hours* (previously it was 14-15)
Toddlers (1-2 years)		Sleep range widened by one hour to 11-14 hours* (previously it was 12-14)
Preschoolers (3-5 years)		Sleep range widened by one hour to 10-13 hours* (previously it was 11-13)
School age Children (6-13 years)		Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
Teenagers (14-17 years)		Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
Younger Adults (18-25 years)		Sleep range is 7-9 hours (new age category)
Adults (26-64 years)		Sleep range did not change and remains 7-9 hours
Older Adults (65+ years)		Sleep range is 7-8 hours (new age category)

* includes naps

Source: National Sleep Foundation

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Kim West, LCSW - C