

Daily Sleep Recommendations

A Guide to Healthy Sleep by Age Group

Getting enough sleep is essential for your physical, mental, and emotional well-being. No matter your age, making sleep a priority is key to living a healthier and more balanced life. Below, you'll find the recommended hours of sleep for each age group, according to the CDC. Use this guide to ensure you and your loved ones are getting the rest you need to thrive.

How Much Sleep Do You Need?

Your body's need for sleep changes throughout your life. Infants need far more rest than adults, and even among grown-ups, older adults may benefit from slightly less sleep than their younger counterparts. To help you follow a healthy routine, here is a comprehensive overview of daily sleep recommendations for every major age group:

Age Group	Age	Sleep Recommended Daily
Newborn	0–3 months	14–17 hours
Infant	4–12 months	12–16 hours (including naps)
Toddler	1–2 years	11–14 hours (including naps)
Preschool	3–5 years	10–13 hours (including naps)
School age	6–12 years	9–12 hours
Teen	13–17 years	8–10 hours
Adult	18–60 years	7 or more hours
Adult	61–64 years	7–9 hours
Adult	65 years and older	7–8 hours

Health benefits of sleep

Getting enough sleep can help you:

- Get sick less often.
- Stay at a healthy weight.
- Reduce stress and improve your mood.
- Improve your heart health and metabolism.
- Lower your risk of chronic conditions like:
 - Type 2 diabetes.
 - Heart disease.
 - High blood pressure.
 - Stroke.
- Lessen the risk of motor vehicle crashes and related injury or death.
- Improve your attention and memory to better perform daily activities.

What to do

Better sleep habits can help you get a good night's sleep. Habits that can improve your sleep include:

- Going to bed and getting up at the same time every day.
- Keeping your bedroom quiet, relaxing, and at a cool temperature.
- Turning off electronic devices at least 30 minutes before bedtime.
- Avoiding large meals and alcohol before bedtime.
- Avoiding caffeine in the afternoon or evening.
- Exercising regularly and maintaining a healthy diet.

Sleep quality

Quality sleep means you are getting uninterrupted and refreshing sleep. Getting quality sleep is not just about how many hours you sleep, but how well you sleep.

Signs of poor sleep quality include:

- Trouble falling asleep.

- Repeatedly waking up during the night.
- Feeling sleepy or tired even after getting enough sleep.

Source: Center for Disease Control – [CDC.GOV/sleep/about/index.html#](https://www.cdc.gov/sleep/about/index.html#)