

The Importance of Sleep

Handout 1: Getting Enough Sleep?



Daily Recommendations Based on Age

The Centers for Disease Control and Prevention (CDC) highlights that the amount of sleep you need varies throughout life. Use this chart to see if you are meeting your recommended daily hours of sleep.

Age Group	Recommended Hours of Sleep per Day
Newborns (0-3 months)	14-17 hours
Infants (4-12 months)	12-16 hours (including naps)
Toddlers (1-2 years)	11-14 hours (including naps)
Preschoolers (3-5 years)	10-13 hours (including naps)
School-Age Children (6-12 years)	9-12 hours
Teens (13-18 years)	8-10 hours
Adults (18-60 years)	7 or more hours
Adults (61-64 years)	7-9 hours
Adults (65+ years)	7-8 hours

Source: Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/sleep/about/index.html>

Why It Matters

Getting enough sleep helps your body recover, supports mental and emotional health, and reduces the risk of chronic diseases.