

# How Much Sleep Is "Enough?"



Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance and diabetes.

## AGE GROUP

## RECOMMENDED NUMBER OF HOURS OF SLEEP

Newborns (0-3 months)

14-17 hours



Infants (4-11 months)

12-15 hours



Toddlers (1-2 years)

11-14 hours



Preschoolers (3-5)

10-13 hours

School-age children (6-13)

9-11 hours



Teenagers (14-17)

8-10 hours

Young adults (18-25)

7-9 hours



Adults (26-64)

7-9 hours

Seniors (65 and older)

7-8 hours

