

Typical Sleep Needs

Group	Amount of Sleep Needed
Infants	About 16 hours per day of sleep
Babies and toddlers	From 6 months to 3 years: between 10 and 14 hours per day. Young children generally get their sleep from a combination of nighttime sleep and naps. See: How Much Sleep Is Enough for My Child? , especially for tips on shaping nighttime awakenings in young children.
Children	<ul style="list-style-type: none">• Ages 3 to 6: between 10 and 12 hours of sleep• Ages 6 to 9: about 10 hours of sleep• Ages 9 to 12: about 9 hours of sleep
Teenagers	About 9 hours of sleep per night. Teens have trouble getting enough sleep not only because of their busy schedules, but also because they are biologically programmed to want to stay up later and sleep later in the morning, which usually doesn't mesh with school schedules. See How Much Sleep Do I Need? .
Adults	For most adults, 7 to 8 hours a night appears to be the best amount of sleep, although some people may need as few as 5 hours or as many as 10 hours of sleep each night.
Older adults	Current thought is that older adults need as much, if not more, sleep than middle-aged adults. Taking a midday nap may help. See Sleep and seniors: Insomnia isn't inevitable as you age.
Pregnant women	During pregnancy, women may need a few more hours of sleep per night. See Pregnancy and Sleep: A Contradiction in Terms? .