



# SLEEP: How Much is Enough?

**Can you remember the last time you felt rested? A time that you really felt rested and restored?**

Like most Americans, it is likely that you routinely sacrifice sleep for other activities. Whether it is for an important work project or the opportunity to watch another episode of a favorite Netflix series, adults and youth willingly give up hours of sleep each week to do higher priority activities.

Yet the need for sleep cannot be understated. When we rest, we restore our body and mind in preparation for the coming day.

The amount of sleep you need changes throughout the lifespan. Babies need more sleep than preschoolers while children need more sleep than adults.

The average American adult reports sleeping seven hours and 36 minutes on most nights. While this quantity of sleep is adequate, 35% of Americans rate

	MONTHS/YEARS	HOURS OF SLEEP
NEWBORN	0-3 MONTHS	14-17 HOURS
INFANT	4-11 MONTHS	12-15 HOURS
TODDLER	1-2 YEARS	11-14 HOURS
PRE-SCHOOLER	3-5 YEARS	10-13 HOURS
SCHOOL AGE	6-13 YEARS	9-11 HOURS
TEEN	14-17 YEARS	8-10 HOURS
ADULT	18-64 YEARS	7-9 HOURS
OLDER ADULT	65+ YEARS	7-8 HOURS

their sleep quality as “poor” or “only fair.”

According to the National Sleep Foundation, adults need an average of seven to nine hours of sleep each day. Naps may be included, however, seven to nine hours of continuous sleep is best to promote the restorative process.

Knowing how much sleep is needed is the first step in ensuring your sleep habits promote good overall well-being. Aim for seven to nine hours of sleep on most days to ensure that your body and mind have adequate time to relax, restore, and rejuvenate for tomorrow and the days to follow.