

HOW MUCH SLEEP DO YOU NEED?

Dreaming of a Good Night's Sleep

Age	Average daily sleep needed
Birth to 3 months	14-17 hours
4-11 months	12-16 hours
1-2 years	11-14 hours
3-5 years	10-13 hours
6-12 years	9-12 hours
13-18 years	8-10 hours
Adults (18-65 years)	7-9 hours
Older adults (65+)	7-8 hours

(Suni & Singh, 2022)



Feeling alert throughout the day is one of the best ways to tell if you are meeting your personal sleep need.

Did you know?

Newborns sleep an average of 16 hours per day, including naptime. They spend twice as much time in REM sleep as compared to adults. In infants, the neurological barrier that paralyzes arm and leg muscles during REM sleep is not fully developed. This can result in dramatic movements of the limbs during dreaming.

Unlike over-tired adults, sleep-deprived children may become more active. This may even lead to a misdiagnosis of attention-deficit hyperactivity.

Teens may not begin to feel sleepy until 10 p.m. or later. During puberty, natural sleep-wake cycles shift, making it harder to fall asleep and get up early. Teachers in high schools that change to later start times report that students are more alert and less likely to fall asleep in class. The impact of shifted-cycle sleep deprivation extends beyond schoolwork; sleep-deprived teens and young adults are more prone to developing anxiety and depression.

It is a myth that the elderly need less sleep. Sleep needs remains the same throughout adulthood, but seniors may struggle to get it all in one overnight block. Older adults tend to sleep more lightly and wake up more frequently. This may lead to more daytime napping, which can, in turn, interfere with nighttime sleep.

References

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