



# Amount of sleep needed for different ages.



Z

Infants: 4–12 months old



12–16 hours (including naps)

Z

Z

Children: 1–2 years old



11–14 hours (including naps)

Z

Z

Children: 3–5 years old



10–13 hours (including naps)

Z

Z

Children: 6–12 years old



9–12 hours

Z

Z

Z

Teenagers: 13–18 years old



8–10 hours

Z

Z

Z