



## SLEEP NEEDS PER AGE

- Sleep needs change as we grow. Newborns require more sleep across both naps and overnight. As we get older, the total amount of sleep we need gradually decreases, stabilising in early adulthood.
- Below is a guide to average sleep needs by age. However, this is only a general guideline, and your needs, or your child's needs, may vary.

### 2-10 years

Age	Day Sleep	Night Sleep
2 Years	1 hour 30	11 hours 45
3 Years	1 hour	11 hours
4 Years	0	11 hours 30
5 Years	0	11 hours
6 Years	0	10 hours 45
7 Years	0	10 hours 30
8 Years	0	10 hours 15
9 Years	0	10 hours
10 Years	0	9 hours 45





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### 11 Years To Adulthood

Age	Night Sleep
11 Years	9 hours 30
12 Years	9 hours 15
13 Years	9 hours 15
14 Years	9 hours
15 Years	8 hours 45
16 Years	8 hours 30
17 Years	8 hours 15
18 Years	8 hours 15
Adulthood	8 hours

Sleep needs can vary from person to person and may be influenced by individual circumstances. For example, if you are unwell, you may need additional rest during the day, particularly if your night-time sleep is disrupted. Similarly, during pregnancy, increased fatigue may mean a greater need for rest or sleep.



Older adults generally require a similar total amount of sleep, but this may be distributed across both day and night, often including a mid-afternoon nap.

