



How Much Sleep Do I Need?



Overview

Getting enough sleep is important for everyone. It's one of the building blocks of good health. But how much sleep is enough? Well, the amount of sleep you need each night actually depends on your age. Let's learn more about it.

Babies and children

In general, younger people need more sleep than older people do. Newborns need the most. They sleep from 14 to 17 hours per day. By the time children are in preschool, this has dropped to about 10 to 13 hours (including naps). And school-age children need about 9 to 12 hours of sleep every night.

Teens

Teens are famous for their love of sleep. But there's a good reason for this. To be able to function at their best, teens need 8 to 10 hours of sleep each night.

Adults

By the time you reach adulthood, you typically need at least 7 hours of sleep per night. This holds true for younger adults and seniors. But as you grow older, your sleep patterns may change. It may become harder for you to fall asleep. You may sleep more lightly, and you may wake up more often during the night.

Quality sleep

Keep in mind that getting enough sleep isn't something we measure just by hours. When you sleep, you need to make sure you're getting quality sleep. You should wake up feeling rested. If you don't feel rested, you may need to make some changes. For tips on how to get quality sleep, talk to your doctor.