


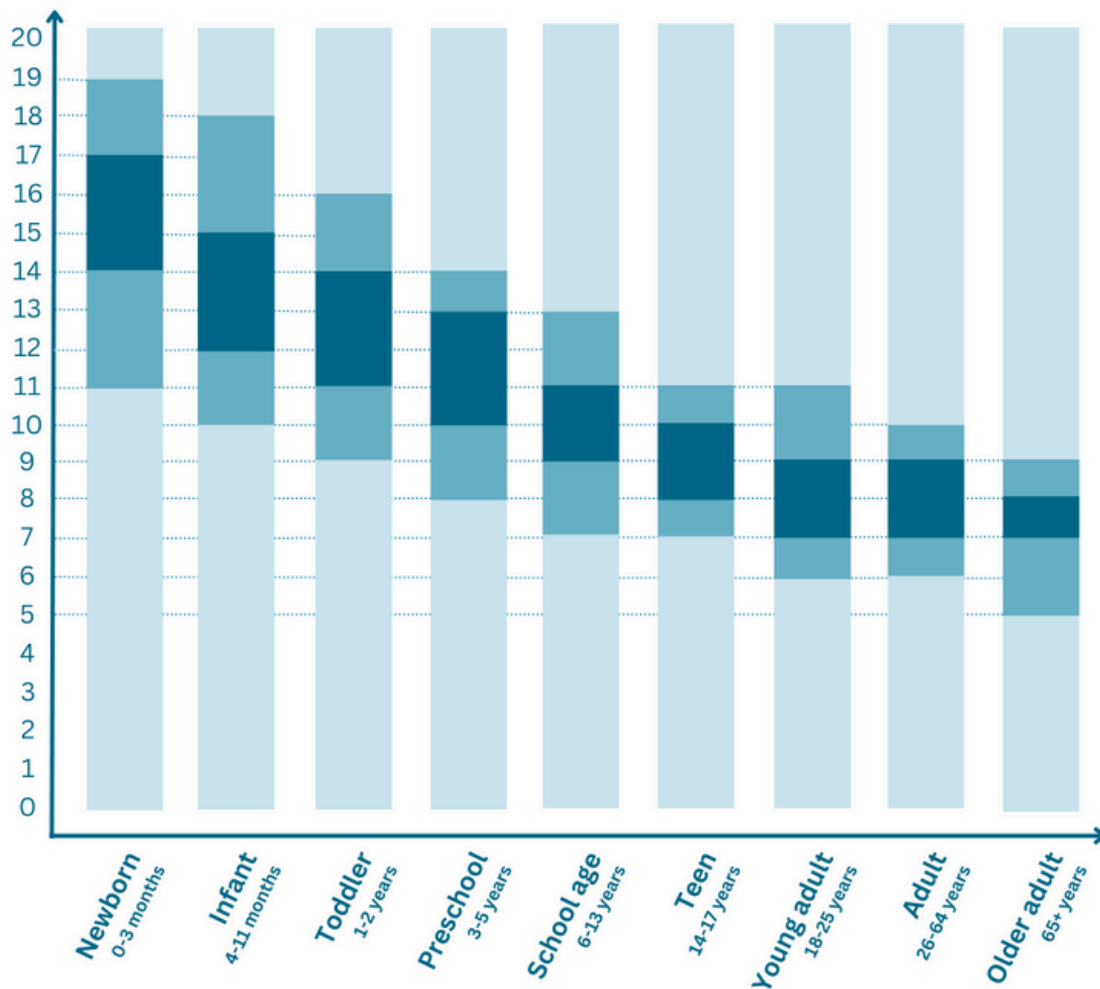




# How Much Sleep Do I Need?

There is no magic number when it comes to sleep. We all have different sleep needs, and these change with age. This guide shows how much sleep people of different ages tend to need.

-  Most people need this much sleep to be healthy and feel well rested.
-  Some people fall within this broader range but are still healthy sleepers.
-  This is considered too much or too little sleep for most people.



Hirshkowitz et al. (2015). National Sleep Foundation's sleep time duration recommendations: Methodology and results summary. *Sleep health*, 1(1), 40–43. | Consensus Conference Panel, (2015). Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. *Journal of clinical sleep medicine* : JCSM: official publication of the American Academy of Sleep Medicine, 11(6), 591–592. | Paruthi et al.,(2016). Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med* Jun 15;12(6):785-6. | Chaput et al., (2018). Sleeping hours: what is the ideal number and how does age impact this? *Nature and science of sleep*, 10, 421–430.