



How Much Sleep Do We Need?

The amount of sleep we need changes depending on our age. It is thought that:

- Newborn babies between 0 and 3 months need 14-17 hours
- Infants between 4 and 11 months need between 12-15 hours
- Toddlers between 1 and 2 years will need between 11-14 hours
- Preschool children between 3 and 5 years will need between 10-13 hours
- School-age children between 6 and 13 years will need between 9-11 hours

Teenagers between 14 and 17 years will need between 8-10 hours



How many hours sleep should you get?

Do you think you get enough sleep? What could you do to improve?

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