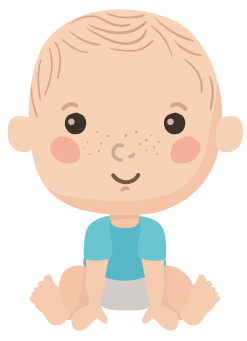


# SLEEP

## REQUIREMENTS BY AGE (3 YRS OLD & UP)



### TODDLERS

(1 to 2 years)

11 to 14 Hours Per Night

### PRE-SCHOOL

(3 to 5 years)

10 to 13 Hours Per Night



### CHILDREN

(6 to 13 years)

9 to 11 Hours Per Night

### TEENAGERS

(14 to 17 years)

8 to 10 Hours Per Night



### ADULTS

(18 to 64 years)

7 to 9 Hours Per Night



### OLDER ADULTS

(65+ years)

7 to 8 Hours Per Night