

YOUR BIGGER FUTURE™ RECOMMENDED HOURS OF SLEEP



5-6

7 - 8

9

OLDER ADULT

≥ 65 years



6

7 - 9

10

ADULT

26 - 64 years



6

7 - 9

10-11

YOUNG ADULT

18 - 25 years



7

8 - 10

11

TEENAGER

14 - 17 years



Recommended
range



May be
appropriate



Not
recommended