

Age	Recommended sleep hours per 24 hour period
Infants: 4-12 months	12-16 hours (including naps)
Toddlers: 1-2 years	11-14 hours (including naps)
Preschoolers: 3-5 years	10-13 hours (including naps)
Gradeschoolers: 6-12 years	9 to 12 hours
Teens: 13-18 years	8 to 10 hours