Icon

Description automatically generatedIcon

Description automatically generated

Z

Z

Z

Z

Z

Z

Z

Z

Z

Z

Z

Z

Z

Z

8-10 hours

**Teenagers: 13-18 years old**

9-12 hours

**Children: 6-12 years old**

10-13 hours (including naps)

**Children: 3-5 years old**

**Children: 1-2 years old**

11-14 hours (including naps)

12-16 hours (including naps)

**Infants: 4-12 months old**

Amount of sleep needed for different ages.

© 2023 Little Owls Resources