

■ HOW MUCH IS ENOUGH?

Age	Sleep needs
Newborns (0-2 months)	12-18 hours
Infants (3-11 months)	14-15 hours
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-age children (5-10 years)	10-11 hours
Teens (10-17 years)	8.5-9.25 hours

Source: NATIONAL SLEEP FOUNDATION