How many hours of sleep do children need?

	Number of hours sleep	Percent of day[1]
Newborns: 0-3 months	14-17	58-71%
Infants: 4-12 months	12-16	50-67%
Toddlers: 1-2 years	11-14	45-58%
Preschoolers: 3-5 years	10-13	42-54%
Children: 6-12 years	9-12	37.5-50%
Teenagers: 13-18 years	8-10	33-42%
Adults: 18+	7-9	29-37.5%

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