

Recommended hours of sleep at night

Age 3–5
10–13 hours



Age 6–13
9–11 hours



Age 14–17
8–10 hours



Age 18
7–9 hours



Avoid these bad sleep habits



Going to bed at different times each night ✗



Being on electronic devices a lot before bed ✗



Waiting to fall asleep before going to bed ✗



Drinking caffeinated drinks late at night ✗



Being on your phone in bed ✗