

States & Stages of Sleep

Diagram 1: Sleep Needs over the Life Cycle.

Sleep Needs over the Life Cycle	
Infants/Babies*	0-2 months: 10.5 – 18.5 hours 2-12 months: 14 – 15 hours
Toddlers/ Children*	12-18 months: 13 – 15 hours 18 months – 3 years: 12 – 14 hours 3-5 years: 11 – 13 hours 5-12 years: 9 – 11 hours
Adolescents	8.5 – 9.5 hours
Adults/Older Persons	On average: 7 – 9 hours
*Total time includes naps	

Diagram 2: Alertness over 24 Hours.

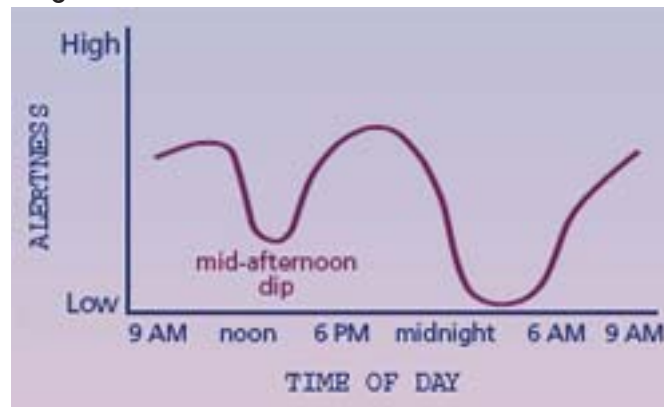
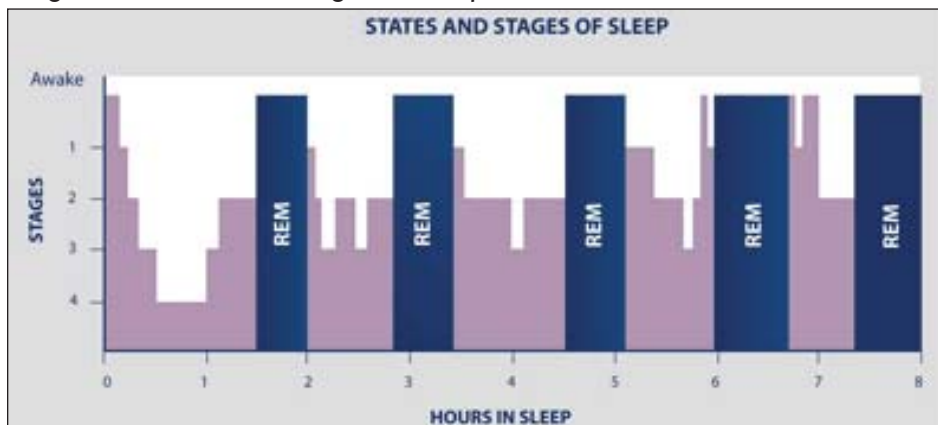


Diagram 3: States and Stages of Sleep.



Source

National Sleep Foundation (2008). Let sleep work for you [on-line]. Retrieved August 5, 2008. From http://www.sleepfoundation.org/site/c.huIXKjM0IxF/b.2421185/k.7198/Let_Sleep_Work_for_You.htm

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