



Sleep Requirements for Adults

Sleep needs vary across ages and are impacted by lifestyle and health. Additionally, each person has their own sleep requirements. In February of 2015, The National Sleep Foundation issued age-specific recommended sleep durations based on a rigorous, systematic review of the world scientific literature relating sleep duration to health, performance, and safety.

National Sleep Foundation Recommended Sleep Ranges

	Recommended	May Be Appropriate	Not Recommended
Young adults 18-25 years	7-9 hours a day	6 hours 10-11 hours	Less than 6 hours More than 11 hours
Adults 26-64 years	7-9 hours a day	6 hours 10 hours	Less than 6 hours More than 10 hours
Older adults 65+ years	7-8 hours a day	5-6 hours 9 hours	Less than 5 hours More than 9 hours

Ask yourself these questions to determine the number of hours a sleep a night that is right for you:

- Are you productive, healthy and happy on seven hours of sleep? Or does it take you nine hours of quality sleep to get you into high gear?
- Do you have health issues such as being overweight? Are you at risk for any disease? Health issues may require you to get more sleep in order to function well.
- Are you experiencing sleep problems? If so, you may need more sleep per night to get enough sleep overall.
- Do you depend on excessive amounts of caffeine to get you through the day?
- Do you feel sleepy when driving?

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