Optimal Sleep Guidelines

When should you be asleep?

Age	18.00	19.00	20.00	21.00	22.00	23.00	24.00	01.00	02.00	03.00	04.00	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	Hours of sleep
3-4 *																										10-13
5-9 *																										10-12
10-13 *																										9-10
14-18 *																										8-10
19-25																										8-9
26-49																										7-9
>50 **																										6-8

evening · night · morning · afternoon
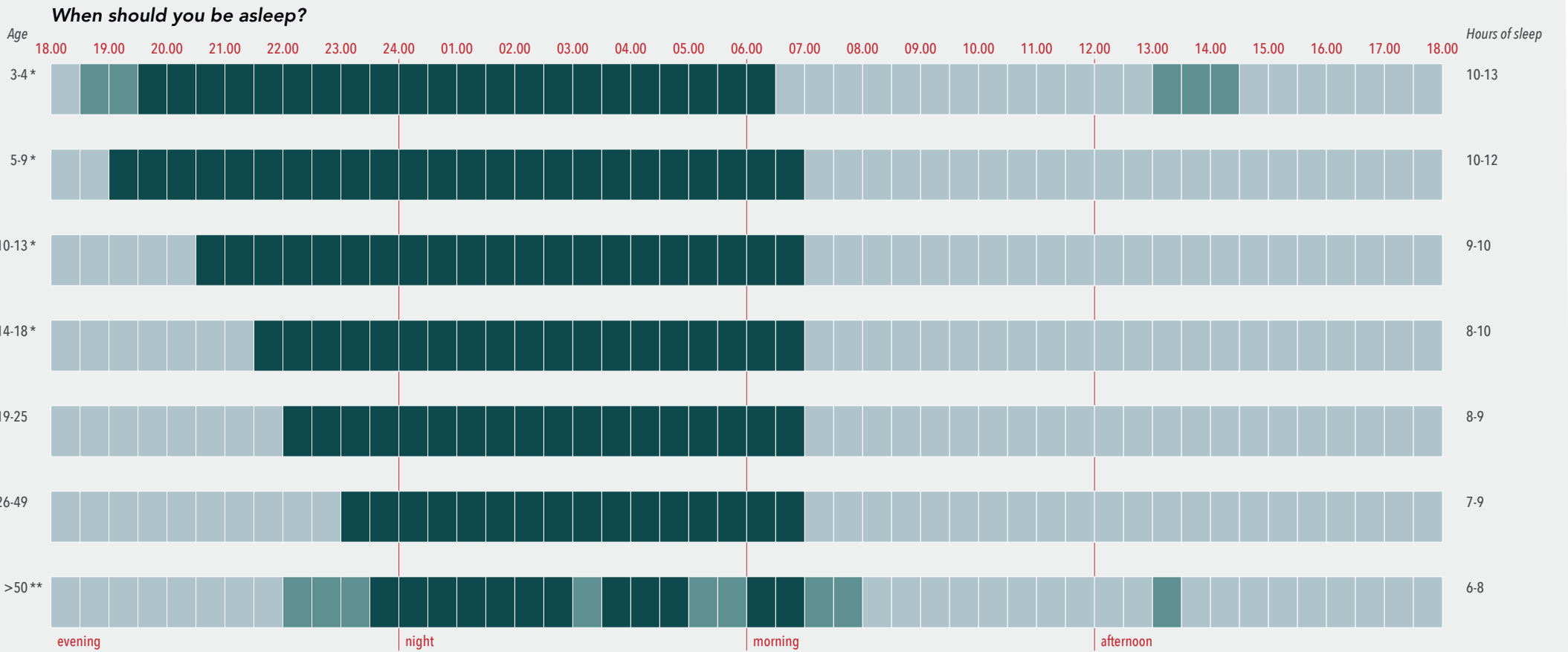
Bedtime
* These bedtimes vary by age.
  Bedtimes for the youngest age are indicated and per anniversary the bedtime will be shifted by 15 to 20 minutes.
** For the >50 group it is common to experience fragmented periods of sleep.

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Sources
Published in: Arns, Kooij & Coogan (2021)
Kempenhaeghe   (2012)   Thorpe et al.   (2015)
Galland et al.   (2012)   Paruthi et al.   (2016)
Hirshkowitz et al.   (2015)   Staton et al.   (2020)

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