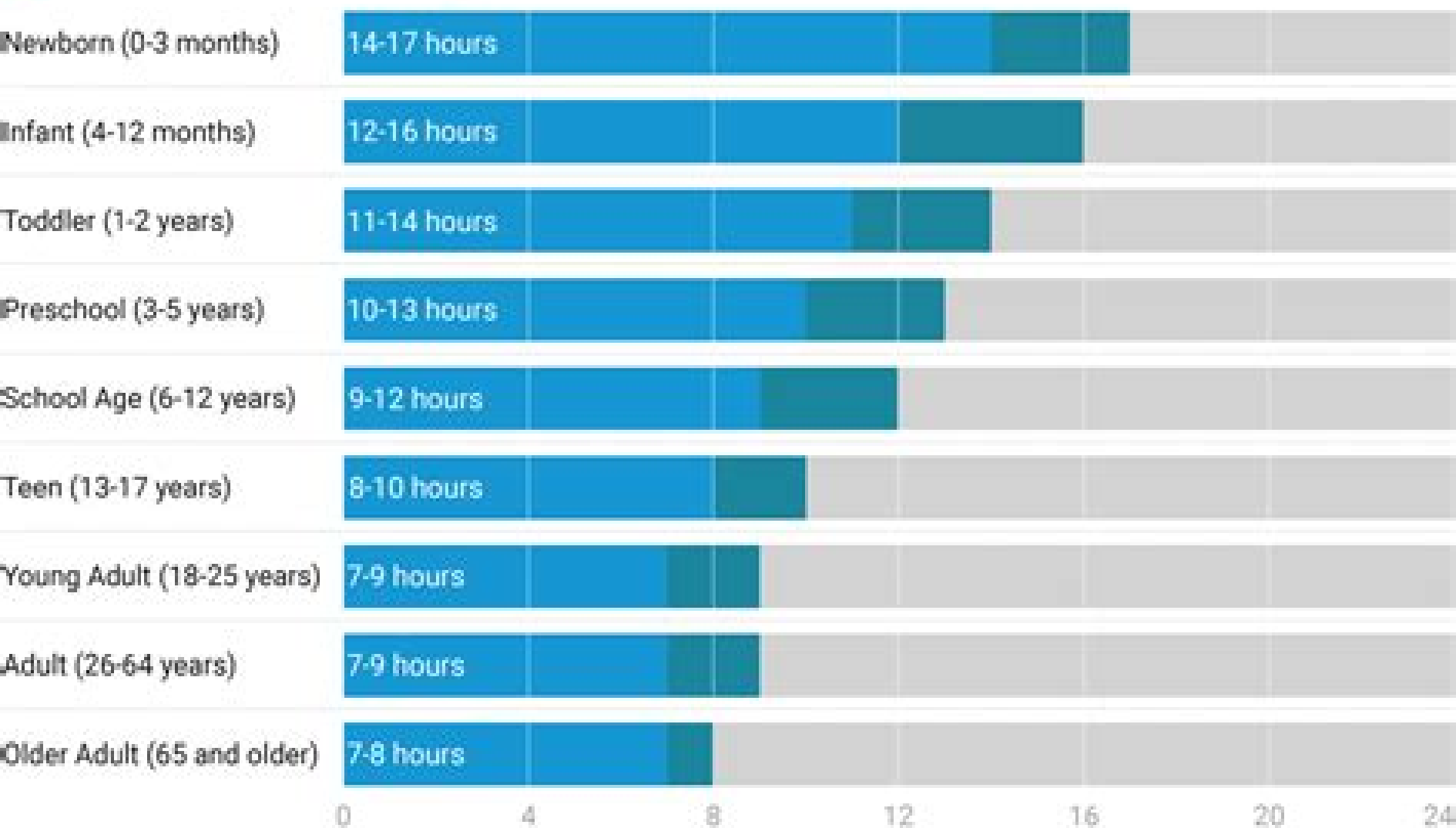


Recommended Hours of Sleep by Age

The amount of sleep we need declines as we grow older. The younger a person is, the more hours of sleep they need.

Minimum recommended hours Maximum recommended hours



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