








# How Much Sleep Do We Need?

Cut and stick the correct sleep time for each age of person.

| Newborns to 3 Months  | 4 to 11 Months  | 1 to 2 Years  | 3 to 5 Years  | 6 to 13 Years   | 14 to 17 Years  | Adults  |
|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |
|   |   |   |   |   |   |   |

What do you notice about your answer?

|              |               |                |                |                |               |                |
|--------------|---------------|----------------|----------------|----------------|---------------|----------------|
| 7 to 9 hours | 8 to 10 hours | 12 to 15 hours | 10 to 13 hours | 11 to 14 hours | 9 to 11 hours | 14 to 17 hours |
|--------------|---------------|----------------|----------------|----------------|---------------|----------------|