



HOW MUCH SLEEP DO YOU NEED?

A panel of experts in sleep, anatomy, physiology, pediatrics, neurology, gerontology and gynecology joined forces to create new, age-specific sleep recommendations.

RECOMMENDED SLEEP DURATION

MINIMUM AND MAXIMUM SLEEP TIMES ARE SHOWN ON A 24-HOUR CLOCK FACE.

■ MINIMUM SLEEP ■ MAXIMUM SLEEP ■ AWAKE

