

## How Much Sleep Do I Need?

Although there is no 'magic number' as individual sleep needs vary, the CDC [recommends](#) that people time their sleep requirements according to the following chart. These estimates should put you in a ballpark range of whether or not you're getting enough sleep.

<b>Age</b>	<b>Recommended Amount of Sleep</b>
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day

[http://www.policymic.com/articles/87653/here-s-a-surprising-look-at-what-sleep-deprivation-does-to-your-body?utm\\_source=policymicFB&utm\\_medium=main&utm\\_campaign=social](http://www.policymic.com/articles/87653/here-s-a-surprising-look-at-what-sleep-deprivation-does-to-your-body?utm_source=policymicFB&utm_medium=main&utm_campaign=social)