

## How Much Sleep Do We Need?

Sleep needs of humans decrease as they get older:

Newborn to 1 year	12-17 hours
1-5 years old	10-14 hours
6-13 years old	9-11 hours
14-17 years old	8-10 hours
18-65 years old	7-8 hours
65 years and older	6-7 hours

For optimal health, most adults require at least seven consecutive hours of sleep each night. That comes to 20-30 minutes of restful sleep for each hour in the wakeful state. That amounts to a total of 7-8 hours of sleep at night for 16 hours of daytime being awake. These are guidelines, and there are exceptional cases who claim to get away with 5-6 hours of sleep a day. If you feel well-rested, not tired, irritable, or sleepy the following day, you are okay with the amount of sleep you are getting. The mind and body are the best judge and barometers of the adequacy of sleep. Nonetheless, research supports that a sleeping habit of fewer than 6 hours a night may increase the risk of stroke and heart attack.