

# Expert panel recommends new sleep durations

February 2 2015

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Credit: xiaphias/Wikipedia

The National Sleep Foundation (NSF), along with a multi-disciplinary expert panel, issued its new recommendations for appropriate sleep durations. The report recommends wider appropriate sleep ranges for most age groups. The results are published in *Sleep Health: The Official Journal of the National Sleep Foundation*.

The National Sleep Foundation convened experts from sleep, anatomy and physiology, as well as pediatrics, neurology, gerontology and gynecology to reach a consensus from the broadest range of scientific disciplines. The panel revised the recommended sleep ranges for all six children and teen [age groups](#). A summary of the new recommendations includes:

- Newborns (0-3 months): Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- Infants (4-11 months): Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- Toddlers (1-2 years): Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- Preschoolers (3-5): Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- School age children (6-13): Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- Teenagers (14-17): Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- Younger adults (18-25): Sleep range is 7-9 hours (new age category)
- Adults (26-64): Sleep range did not change and remains 7-9 hours
- Older adults (65+): Sleep range is 7-8 hours (new age category)

"This is the first time that any professional organization has developed age-specific recommended sleep durations based on a rigorous, systematic review of the world scientific literature relating sleep duration to health, performance and safety," said Charles A. Czeisler, PhD, MD, chairman of the board of the National Sleep Foundation, chief of sleep and circadian disorders at Brigham and Women's Hospital, and Baldino Professor of Sleep Medicine at the Harvard Medical School. "The National Sleep Foundation is providing these scientifically grounded

guidelines on the amount of sleep we need each night to improve the [sleep health](#) of the millions of individuals and parents who rely on us for this information."

A new range, "may be appropriate," has been added to acknowledge the individual variability in appropriate sleep durations. The recommendations now define times as either (a) recommended; (b) may be appropriate for some individuals; or (c) not recommended.

"The National Sleep Foundation Sleep Duration Recommendations will help individuals make sleep schedules that are within a healthy range. They also serve as a useful starting point for individuals to discuss their sleep with their health care providers," said David Cloud, CEO of the National Sleep Foundation.

National Sleep Foundation's Sleep Duration Recommendations:

Age	Recommended	May be appropriate	Not recommended
Newborns	14 to 17 hours	11 to 13 hours	Less than 11 hours
0-3 months		18 to 19 hours	More than 19 hours
Infants	12 to 15 hours	10 to 11 hours	Less than 10 hours
4-11 months		16 to 18 hours	More than 18 hours
Toddlers	11 to 14 hours	9 to 10 hours	Less than 9 hours
1-2 years		15 to 16 hours	More than 16 hours
Preschoolers	10 to 13 hours	8 to 9 hours	Less than 8 hours
3-5 years		14 hours	More than 14 hours
School-aged Children	9 to 11 hours	7 to 8 hours	Less than 7 hours
6-13 years		12 hours	More than 12 hours
Teenagers	8 to 10 hours	7 hours	Less than 7 hours
14-17 years		11 hours	More than 11 hours
Young Adults	7 to 9 hours	6 hours	Less than 6 hours
18-25 years		10 to 11 hours	More than 11 hours
Adults	7 to 9 hours	6 hours	Less than 6 hours
26-64 years		10 hours	More than 10 hours
Older Adults	7 to 8 hours	5 to 6 hours	Less than 5 hours
≥ 65 years		9 hours	More than 9 hours

The recommendations are the result of multiple rounds of consensus voting after a comprehensive review of published scientific studies on sleep and health. The expert panel included six sleep experts and experts from the following stakeholder organizations:

- American Academy of Pediatrics
- American College of Chest Physicians
- American Geriatrics Society
- American Neurological Association
- American Physiological Society
- American Psychiatric Association
- American Thoracic Society
- Gerontological Society of America
- Human Anatomy and Physiology Society
- Society for Research in Human Development
- American Congress of Obstetricians and Gynecologists

"The NSF has committed to regularly reviewing and providing scientifically rigorous recommendations," says Max Hirshkowitz, PhD, Chair of the National Sleep Foundation Scientific Advisory Council. "The public can be confident that these recommendations represent the best guidance for [sleep](#) duration and health."

**More information:** To view the full results and methodology of the report, please visit [sleephealthjournal.org](http://sleephealthjournal.org)

Provided by National Sleep Foundation

Citation: Expert panel recommends new sleep durations (2015, February 2) retrieved 2 May 2024 from <https://medicalxpress.com/news/2015-02-expert-panel-durations.html>

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