



Recommendations from The Danish Health Authority regarding sleep duration for all age groups

– based on the National Sleep Foundation's sleep duration recommendations

Newborns 0-3 months



Newborns aged 0-3 months are recommended 14-17-hours of sleep per day.

Sleep durations of both 11-13 hours and 18-19 hours may be appropriate for newborns aged 0-3 months. Recommendations for sleep duration cannot be applied during the first few days of life, where longer sleep can be normal for a newborn.

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Infants 4-11 months



Infants aged 4-11 months are recommended 12-15 hours of sleep per day, including naps during the day.

Sleep durations of both 10-11 hours and 16-18 hours may be appropriate for some infants aged 4-11 months.

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Toddlers 1-2 years



Toddlers aged 1-2 years are recommended 11-14 hours of sleep per day, including naps during the day, with regular sleep and wake times.

Sleep durations of both 9-10 hours and 15-16 hours may be appropriate for some toddlers aged 1-2 years.

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Children 3-5 years



Children aged 3-5 years are recommended 10-13 hours of sleep per day, including a possible nap during the day, with regular sleep and wake times.

Sleep durations of both 8-9 hours and 14 hours may be appropriate for some children aged 3-5 years.

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Children 6-13 years



Children aged 6-13 years are recommended 9-11 hours of sleep per day with regular sleep and wake times.

Sleep durations of both 7-8 hours and 12 hours may be appropriate for some children aged 6-13 years.

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Teens 14-17 years



Teens aged 14-17 years are recommended 8-10 hours of sleep per day with regular sleep and wake times.

Sleep durations of both 7 hours and 11 hours may be appropriate for some teens aged 14-17 years.

Adults 18-25 years

Adults aged 18-25 years are recommended 7-9 hours of sleep per day with regular sleep and wake times.

Sleep durations of both 6 hours and 10-11 hours may be appropriate for some adults aged 18-25 years.



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Adults 26-64 years

Adults aged 26-64 years are recommended 7-9 hours of sleep per day with regular sleep and wake times.

Sleep durations of both 6 hours and 10 hours may be appropriate for some adults aged 26-64 years.



Adults 65 years and older

Adults aged 65 years and older are recommended 7-8 hours of sleep per day with regular sleep and wake times.

Sleep durations of both 5-6 hours and 9 hours may be appropriate for some adults aged 65 years and older.



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