



Parish of Ascension

ASCENSION COUNSELING CENTER

TOMMY MARTINEZ
Parish President

SUZANNE HAMILTON, LPC, NCC
Executive Director

HOW MUCH SLEEP DO YOU NEED?

The National Sleep Foundation recommends
the following amount per night by age.

	Age	Hours Per Night
Infants/Babies	0 - 2 months	10.5 - 18.5 hours
	2 - 12 months	14 - 15 hours
Toddlers	12 - 18 months	13 - 15 hours
Young Children	18 months - 3 years	12 - 14 hours
	3 - 5 years	11 - 13 hours
Older Children	5 - 13 years	9 - 11 hours
Adolescents	13 - 19 years	8.5 - 9.5 hours
Adults/Seniors	20 years and up	7 - 9 hours

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