








How Much Sleep Do We Need?

Cut and stick the correct sleep time for each age of person.

Newborns to 3 Months	4 to 11 Months	1 to 2 Years	3 to 5 Years	6 to 13 Years	14 to 17 Years	Adults
						

What do you notice about your answer?

7 to 9 hours	8 to 10 hours	12 to 15 hours	10 to 13 hours	11 to 14 hours	9 to 11 hours	14 to 17 hours
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