

Durée du sommeil : recommandations générales

groupe d'âge	moyenne d'heure de sommeil recommandée (heures par nuit)
bébé (0 à 11 mois)	entre 12 à 17 heures
enfant pré-scolaire (1 à 5 ans)	entre 10 à 14 heures
enfant scolaire (6 à 13 ans)	entre 9 à 11 heures
adolescent (14 à 17 ans)	entre 8 à 10 heures
adulte (18 à 64 ans)	entre 7 à 9 heures
ainé (65 ans et plus)	entre 7 à 8 heures

Source : sleepfoundation.org

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S Ashworth



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