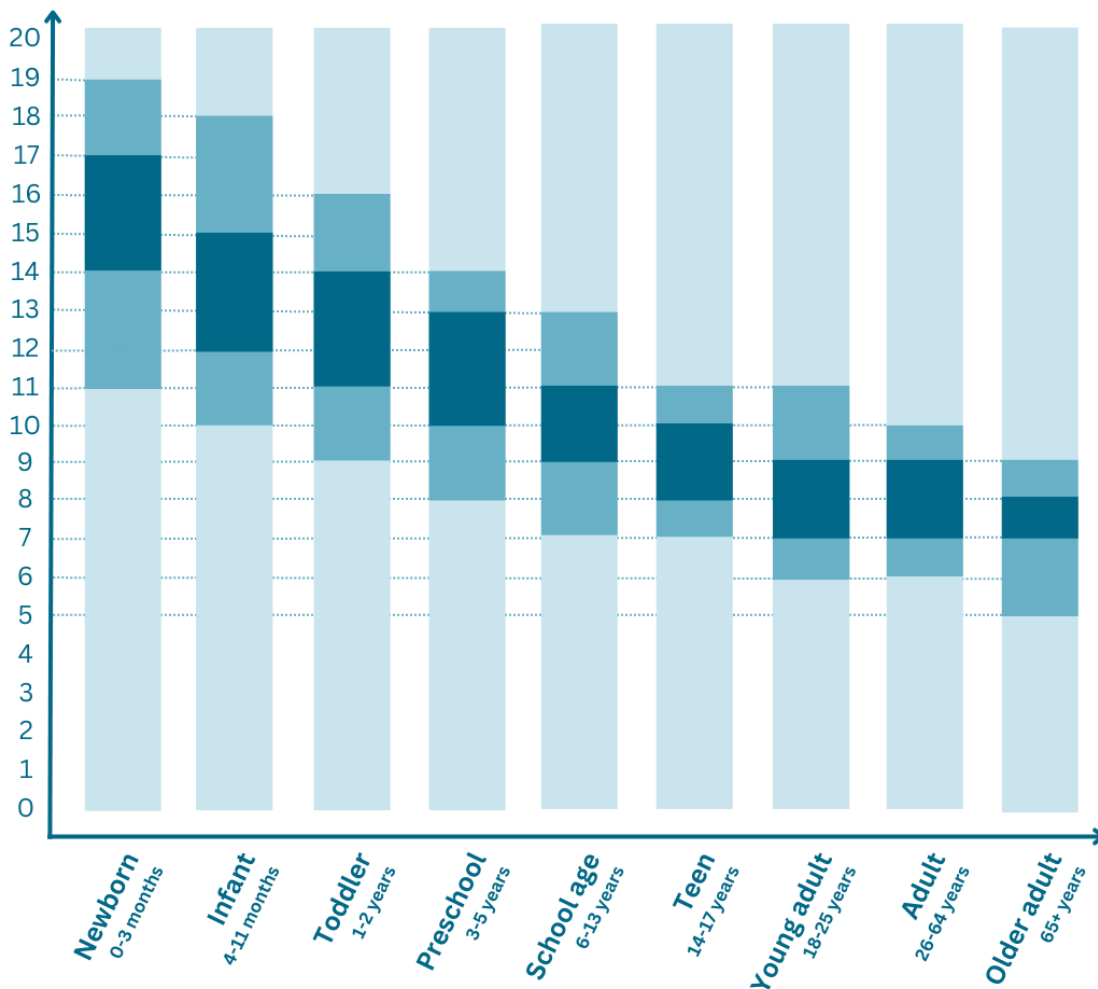


# How Much Sleep Do I Need?

There is no magic number when it comes to sleep. We all have different sleep needs, and these change with age. This guide shows how much sleep people of different ages tend to need.

- Most people need this much sleep to be healthy and feel well rested.
- Some people fall within this broader range but are still healthy sleepers.
- This is considered too much or too little sleep for most people.



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