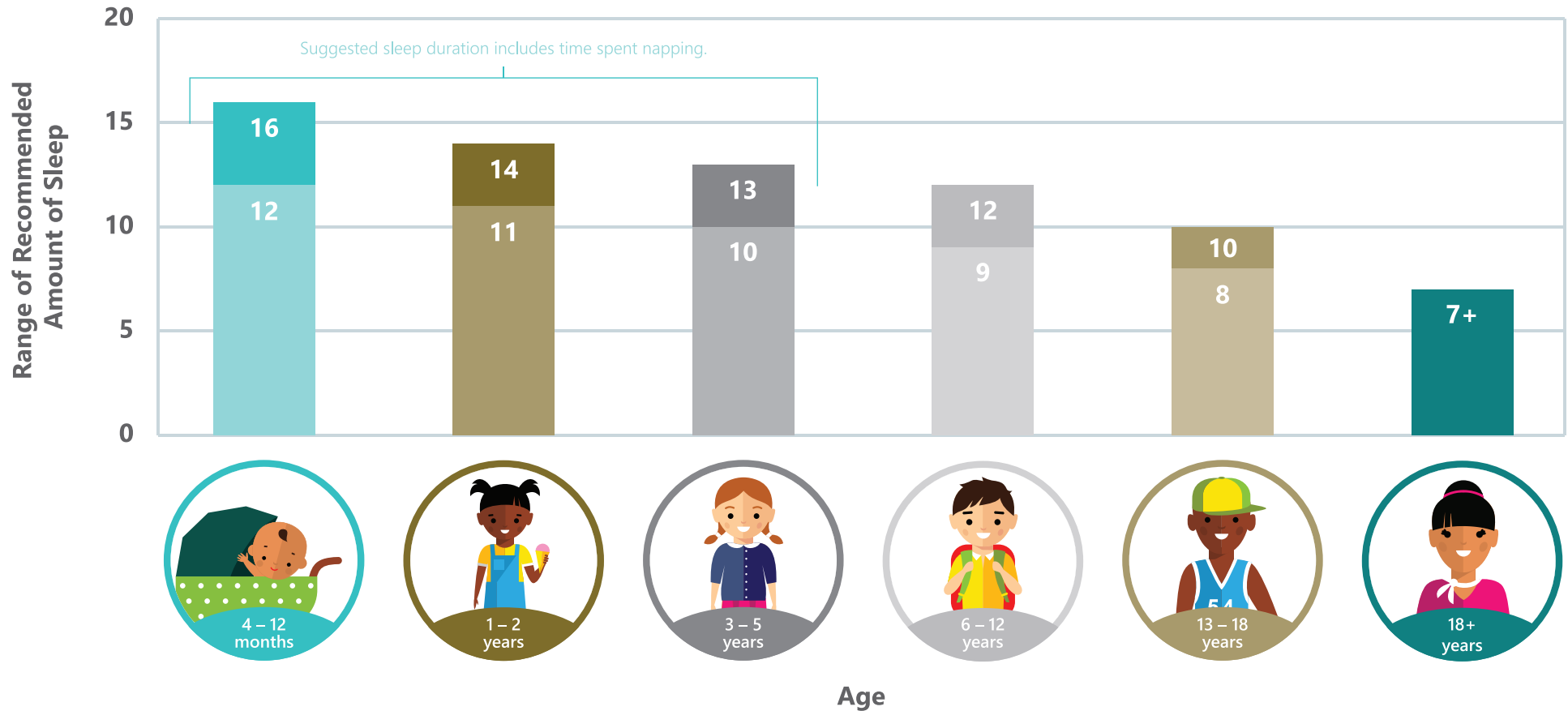


Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



SleepEducation.org

A sleep health information
resource by the American
Academy of Sleep Medicine

