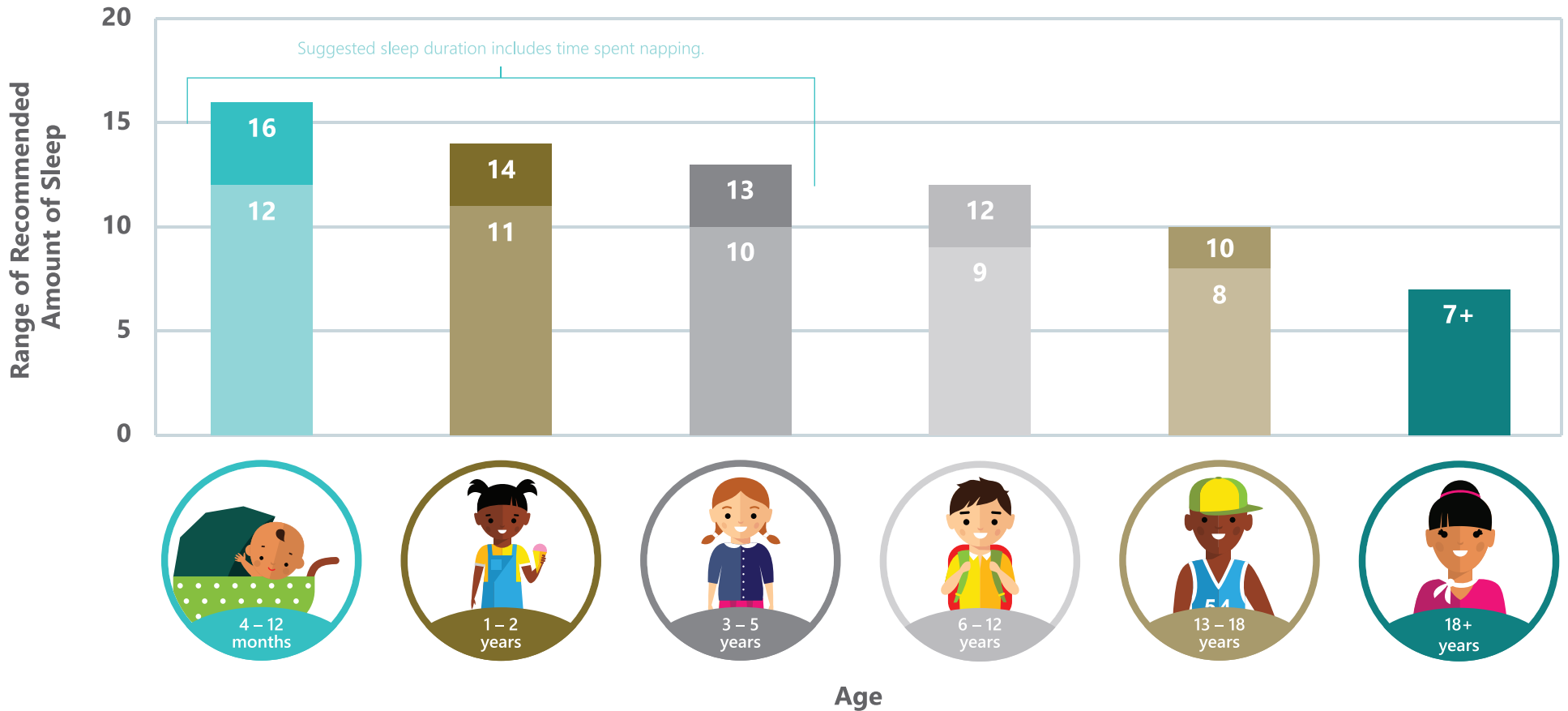


Healthy Sleep Duration

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](https://www.sleepeducation.org)

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

