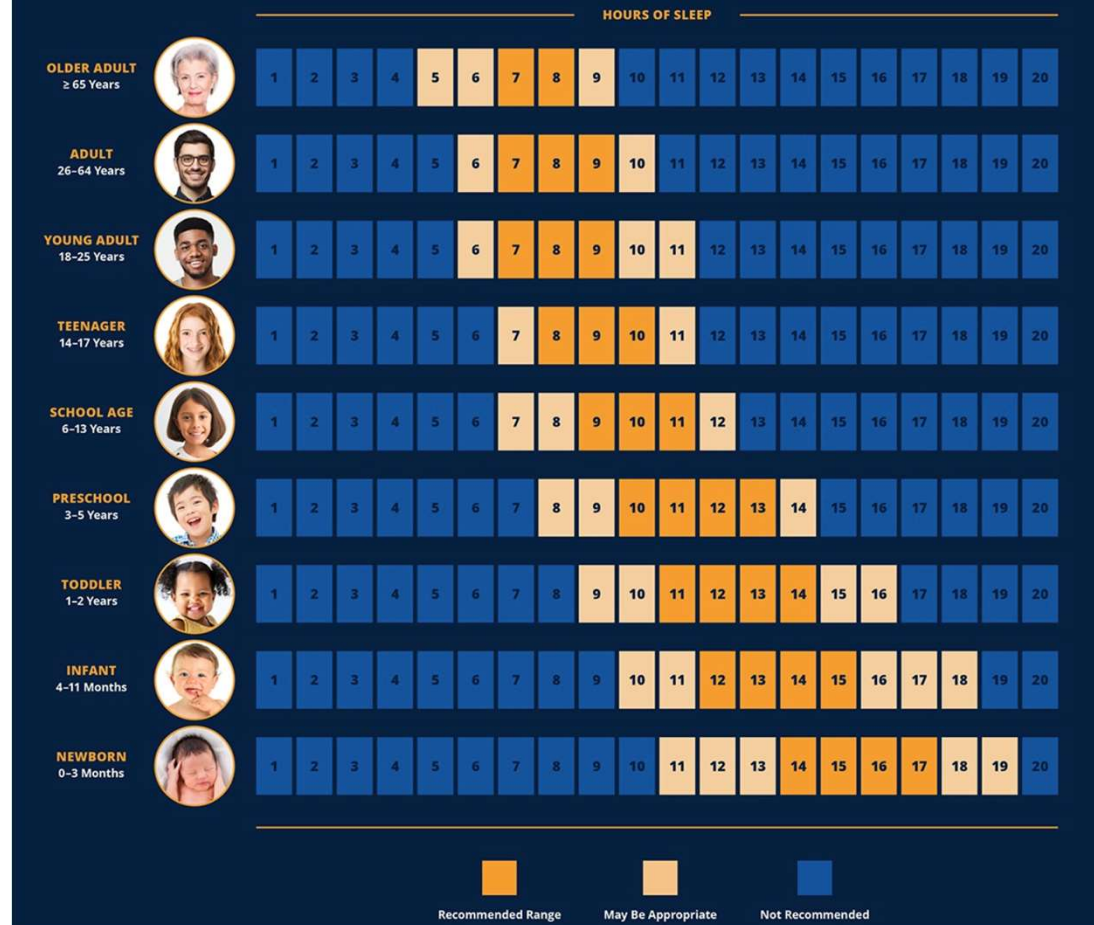


RECOMMENDED SLEEP DURATIONS

SLEEP QUANTITY, QUALITY, AND TIMING ALL IMPORTANT



Recommended Sleep Duration By Age