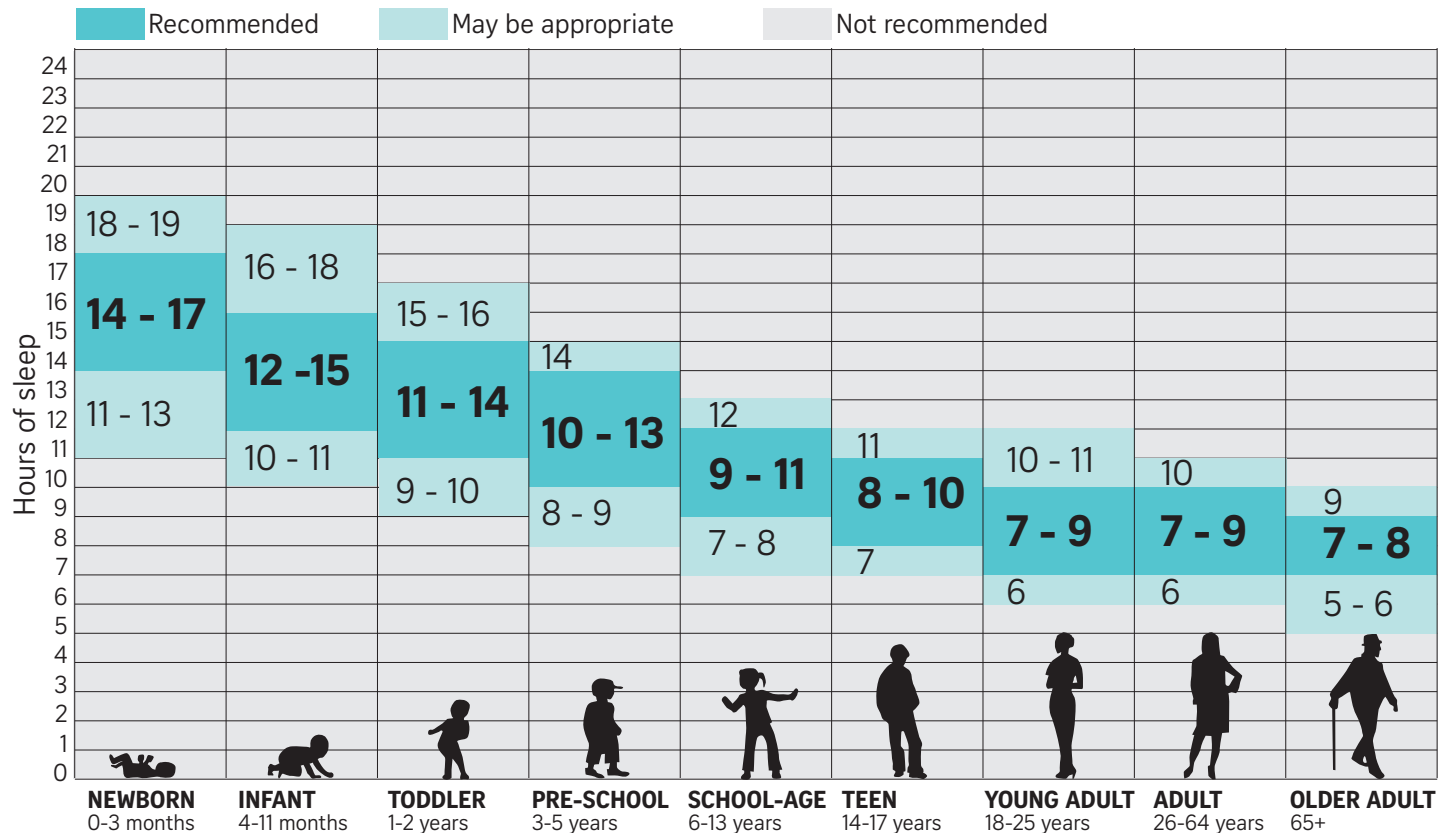


# Sleep duration recommendations



Source: NATIONAL SLEEP FOUNDATION STRAITS TIMES GRAPHICS