

**recommended amount of sleep for a healthy adult** - 591 journal of clinical sleep medicine, vol. 11, no. 6, 2015  
sleep is essential for optimal health. the american academy of sleep medicine (aasm) and sleep research society (srs) **2012 update of the 2008 ra recommendations** - the scenarios created using an ordinal scale  
specified in the rand/university of california at los angeles (rand/ ucla) appropriateness method  
(2004).

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