

<p>↓ hrs (less than 7) or (greater than 9) mortality risk ↑</p>	<ul style="list-style-type: none">• Suggested 7-9 hrs of sleep / adult• ↓ hrs, mortality risk ↑• Min required – 7 h• ↓ sleep, mortality risk ↑• Relationship not linear• ↑ hrs (over 9), mortality risk ↑• Longest time an individual (without sleep) = 11 days <p>2 perspectives</p> <ul style="list-style-type: none">• 1) illness triggers more hrs of sleep• 2) poor sleep quality, ↑ mortality
<ul style="list-style-type: none">• Society encourages less sleep (more productivity)• Sleep = key for health, outside the 7-9 hrs impacts our health	