

Modify the HTML file's embedded stylesheet to produce the webpage below.

Sleep Duration Recommendations

- School-aged children (6-13 years) — 9-11 hours
- Teenagers (14-17 years) — 8-10 hours
- Young adults (18-25 years) — 7-9 hours
- Adults (26-64 years) — 7-9 hours
- Older adults (65+ years) — 7-8 hours

Source: [National Sleep Foundation's Sleep Duration Recommendations](#)

Hints(Refer only if required as last option):

Add CSS rules to the embedded stylesheet so each element uses the following styles:

- `<body>` uses Arial, Helvetica, sans-serif font family, 18px font size, and #EDF4FB background color
- `<h1>` uses RGB (26, 69, 107) font color
- `` uses #296CA8 font color
- `` with "age" class uses an italic font style
- `` with "recommended" class has a yellow background color and underlined text