const numberofhoursuserslept = {

monday: 9,

tuesday: 10,

wednesday: 9,

thursday: 7,

friday: 9,

saturday: 10,

sunday: 9

};

const userslepthoursweek = (hours) => {

return hours.monday + hours.tuesday + hours.wednesday + hours.thursday +

hours.friday + hours.saturday + hours.sunday;

}

const idealnumberofhours = () => {

return 56; // Ideal number of hours in a week

}

const checkingfinal = () => {

const totalSleepHours = userslepthoursweek(numberofhoursuserslept);

const idealHours = idealnumberofhours();

if (totalSleepHours === idealHours) {

console.log('You have slept the perfect needed hours');

} else if (totalSleepHours < idealHours) {

console.log(`You need to sleep ${idealHours - totalSleepHours} more hours`);

} else {

console.log(`You have slept extra ${totalSleepHours - idealHours} hours`);

}

}

// Run the final check

checkingfinal();