As a graduate statistics student, I would analyze the multiple choice options carefully while examining the provided histogram:

Option D is the most complete and statistically accurate description of the distribution. The histogram shows a distribution of hours of sleep that is approximately symmetric and bell-shaped (roughly normal) with a peak at 7 hours. There is a visible outlier at 3 hours of sleep, separated from the main distribution by a gap at 4 hours. The overall range spans from 3 to 10 hours, giving a range of 7 hours. The description correctly identifies the shape, central tendency, notable anomaly, and spread of the distribution.

Option A simply describes the physical appearance of the bars without statistical interpretation.

Option B incorrectly assumes perfect normality without acknowledging the outlier at 3 hours.

Option C provides a subjective interpretation without proper statistical description.

Therefore, the answer is (D).