To answer this question, let's analyze the provided histogram of hours of sleep and evaluate each option based on statistical principles:

- \*\*Option (A)\*\*: This statement describes the basic shape of the histogram but lacks statistical interpretation. It mentions the increase and decrease in bar heights and a gap, but it does not discuss the central tendency, spread, or outliers in a statistical context.

- \*\*Option (B)\*\*: This statement incorrectly describes the distribution as normal. While the distribution might appear somewhat symmetric, it's not perfectly normal due to the presence of an outlier at 3 hours. Also, stating the mean and standard deviation without context or calculation is speculative.

- \*\*Option (C)\*\*: This option provides a narrative interpretation without statistical rigor. It mentions sleep adequacy but doesn't discuss the distribution's statistical properties like symmetry, central tendency, or outliers.

- \*\*Option (D)\*\*: This statement offers a more complete statistical description. It notes the symmetry and bell-shaped nature of the distribution, acknowledges the presence of an outlier at 3 hours, and provides an estimate of the typical amount of sleep (around 7 hours), which can be interpreted as the mode or median. It also correctly states the overall range of the data, which is from 3 to 10 hours.

Given this analysis, the most complete and statistically appropriate description is:

\*\*Option (D)\*\*: "The distribution of hours of sleep is somewhat symmetric and bell-shaped, with an outlier at 3. The typical amount of sleep is about 7 hours and overall range is 7 Hours."

Thus, the correct answer is:

\*\*(D)\*\*