**Sleep Debt Calculator**

Did you know that giraffes sleep [4.6 hours a day](https://en.wikipedia.org/wiki/Giraffe#Legs,_locomotion_and_posture)? We humans need more than that. If we don’t sleep enough, we accumulate sleep debt. In this project we’ll calculate if you’re getting enough sleep each week using a sleep debt calculator.

The program will determine the actual and ideal hours of sleep for each night of the last week.

Finally, it will calculate, in hours, how far you are from your weekly sleep goal.

**Code:**

const getSleepHours = day => {

if (day === 'monday')

return 8;

else if (day === 'tuesday')

return 5;

else if (day === 'wednesday')

return 6;

else if (day === 'thursday')

return 7;

else if (day === 'friday')

return 8;

else if (day === 'saturday')

return 5;

else if (day === 'sunday')

return 9;

}

//console.log(getSleepHours('wednesday'));

// Calculates Actual Sleep Time

const getActualSleepHours = () => {

return getSleepHours('monday') + getSleepHours('tuesday') + getSleepHours('wednesday') +

getSleepHours('thursday') + getSleepHours('friday') + getSleepHours('saturday') + getSleepHours('sunday') ;

}

// For Ideal Sleep Time :

const getIdealSleepHours = () => {

// Set your Ideal sleep hours

let idealHours = 7 ;

return idealHours \* 7 ;

}

//console.log(getActualSleepHours());

//console.log(getIdealSleepHours());

// This function calculates sleep debt

const calculateSleepDebt = () => {

let actualSleepHours = getActualSleepHours();

let idealSleepHours = getIdealSleepHours();

if(actualSleepHours === idealSleepHours)

console.log('User got perfect amount of sleep!');

else if (actualSleepHours > idealSleepHours)

console.log(`User got ${actualSleepHours-idealSleepHours} hours more sleep than needed!`);

else if (actualSleepHours < idealSleepHours)

console.log(`User got ${idealSleepHours-actualSleepHours} hours less sleep than needed!`);

}

calculateSleepDebt();