



IITGn Healthcare Information Assistant

Chatbot

How much sleep should we get?

It's important to know that adults typically need 7-9 hours of sleep per night for optimal health and well-being. Can you tell me your current age? This can help me provide advice tailored to your general life stage.

I am 23 M. My overall health is good, but lifestyle is not too good

Hello! It's great to hear that you're generally healthy. As a young adult, taking care of your lifestyle is key to maintaining your well-being. It's important to engage in regular physical activity, eat a balanced diet, get enough sleep, and manage stress effectively. These habits can help you stay healthy and prevent potential health issues in the future. If

Ask a question about health or hospital services

Clear Conversation

Disclaimer: This is for educational purposes only and not a substitute for professional medical advice.