**Final Code Block**

'use strict';

*const* getSleepHours = *function* (*day*) {

switch (*day*) {

case ('monday'):

return 1;

break;

case ('tuesday'):

return 2;

break;

case ('wednesday'):

return 3;

break;

case ('thursday'):

return 4;

break;

case ('friday'):

return 5;

break;

case ('saturday'):

return 6;

break;

case ('sunday'):

return 7;

break;

}

} ;

//Check getSleepHours Function Works;

console.log(`getSleepHours Function: ${getSleepHours('monday')}`);

// getActualSleepHours implemented without calling getSleepHours. Literal numbers and + operator to rewrite.

*const* getActualSleepHours = *function*(*a*, *b*, *c*, *d*, *e*, *f*, *g*) {

return *a* + *b* + *c* + *d* + *e* + *f* + *g*;

}

/\*

const getActualSleepHours = function() {

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

getSleepHours('thursday') +

getSleepHours('friday') +

getSleepHours('saturday') +

getSleepHours('sunday');

}

//Check getActualSleepHours Function Works

console.log(`getActualSleepHours Function: ${getActualSleepHours()}.`);

\*/

*const* getIdealHours = *function* (*z*) {

*let* idealHours = *z* ;

return idealHours \* 7 ;

}

//Check getIdealHours Function Works:

console.log(`getIdealHours Function: ${getIdealHours(8)}.`);

*const* calculateSleepDebt = *function* () {

*let* actualSleepHours = getActualSleepHours(6, 7, 8, 5, 6, 7, 5) ;

*let* idealSleepHours = getIdealHours(9) ;

if (actualSleepHours === idealSleepHours) {

console.log('Perfect amount of sleep.');

} else if (actualSleepHours > idealSleepHours) {

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

} else if (actualSleepHours < idealSleepHours) {

console.log(`You need to get some rest. You need ${idealSleepHours - actualSleepHours} more hours of sleep!`) ;

}

};

calculateSleepDebt();