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<th><strong>GoNoodle</strong></th>
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<td>1</td>
<td><img src="https://app.gonoodle.com/channels/flow" alt="GoNoodle" /></td>
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<td>2</td>
<td>ChillScape-Sonic Meditation (iOS app available in Meraki)</td>
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<td>3</td>
<td><strong>The New York Times</strong></td>
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2. ChillScape-Sonic Meditation (iOS app available in Meraki)
3. 4-minute meditation from NYT
   https://www.nytimes.com/guides/well/how-to-meditate
4. Mindful Powers (iOS app available in Meraki)
SLEEP DURATION RECOMMENDATIONS

NEWBORN 0-3 months: 14-17 hours
INFANT 4-11 months: 11-13 hours
TODDLER 1-2 years: 10-13 hours
PRE-SCHOOL 3-5 years: 9-11 hours
SCHOOL AGE 6-11 years: 7-8 hours
TEEN 12-17 years: 7-9 hours
YOUNG ADULT 18-24 years: 7-9 hours
ADULT 25-64 years: 7-8 hours
OLDER ADULT 65+: 7-8 hours

Recommended
May be appropriate
Not recommended