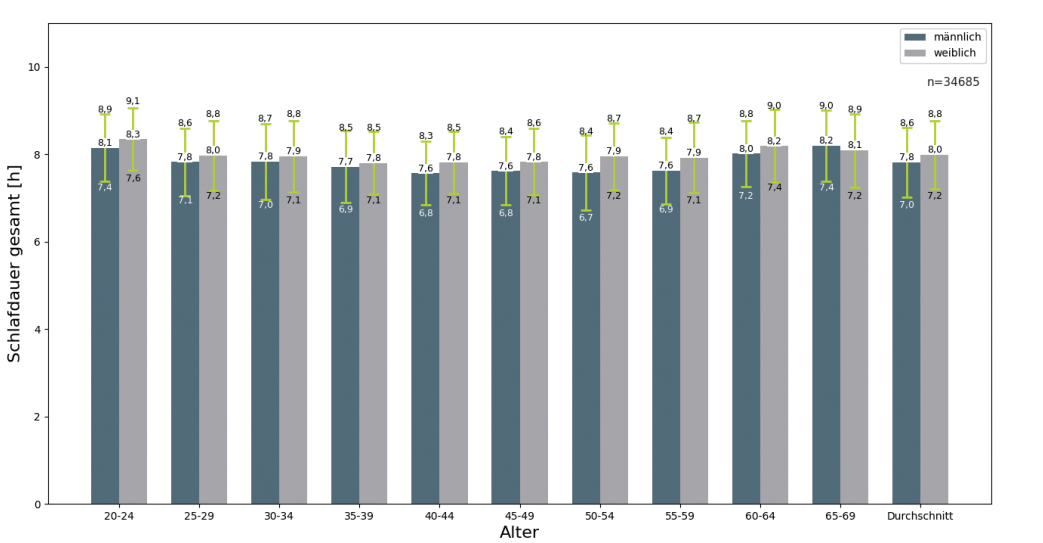

Abb. 4.1 Schlafdauer gesamt Männer und Frauen (Quelle: Autonom Health®, 2021).