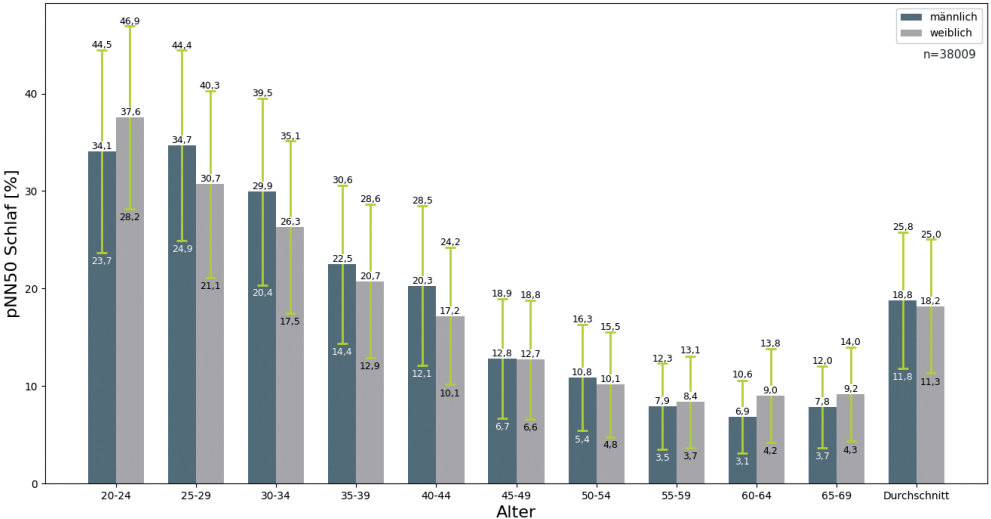

Abb. 4.14 pNN50 Schlaf Männer und Frauen (Quelle: Autonom Health®, 2021).