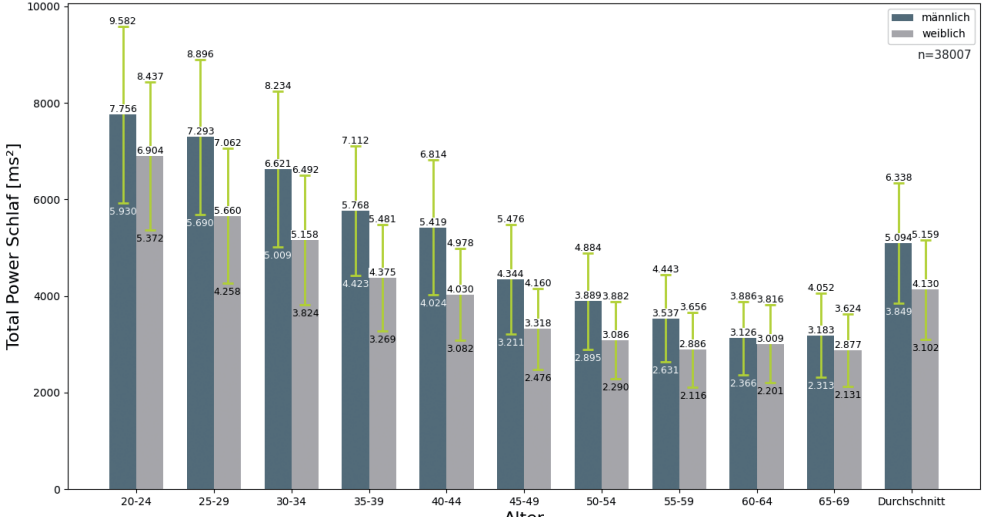

Abb. 4.17 Total Power Schlaf Männer und Frauen (Quelle: Autonom Health®, 2021).