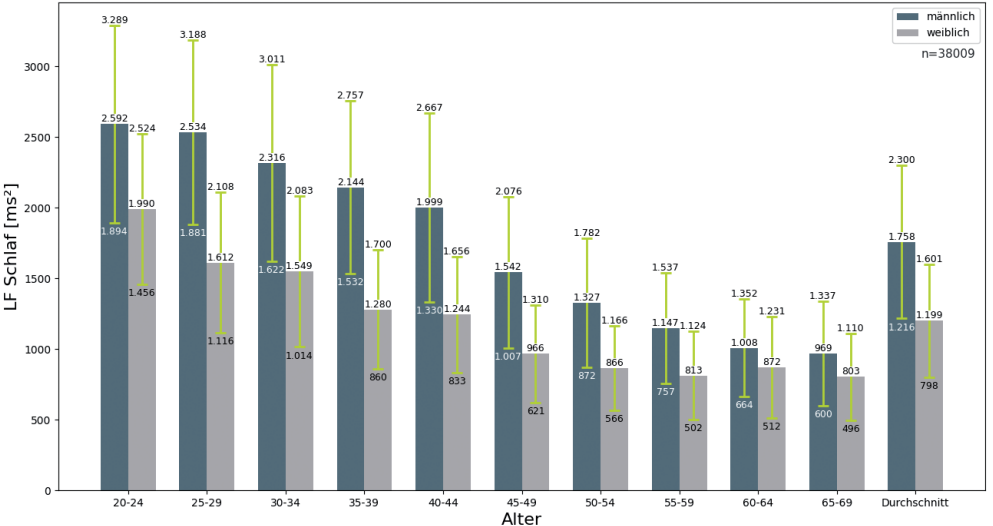

Abb. 4.34 LF Schlaf Männer und Frauen (Quelle: Autonom Health®, 2021).