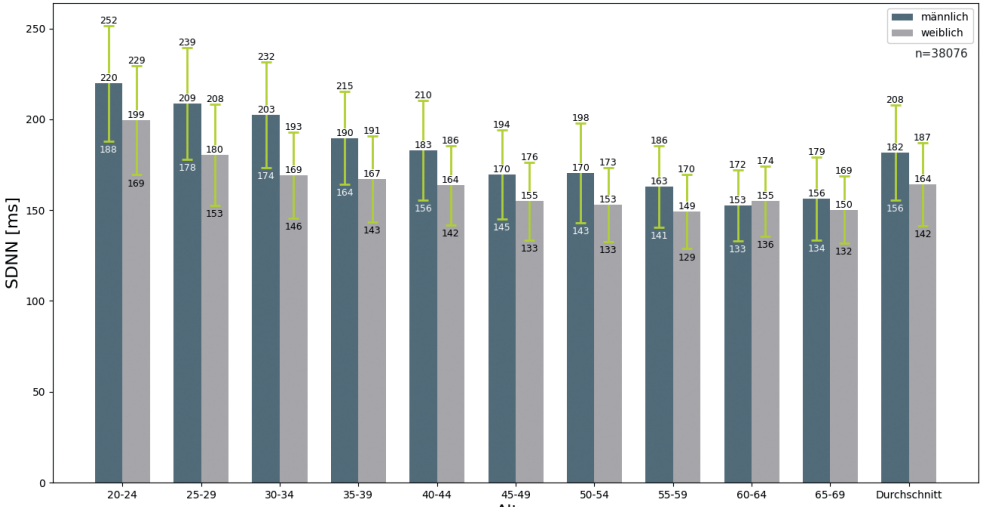

Abb. 4.9 SDNN gesamt Männer und Frauen (Quelle: Autonom Health®, 2021).