

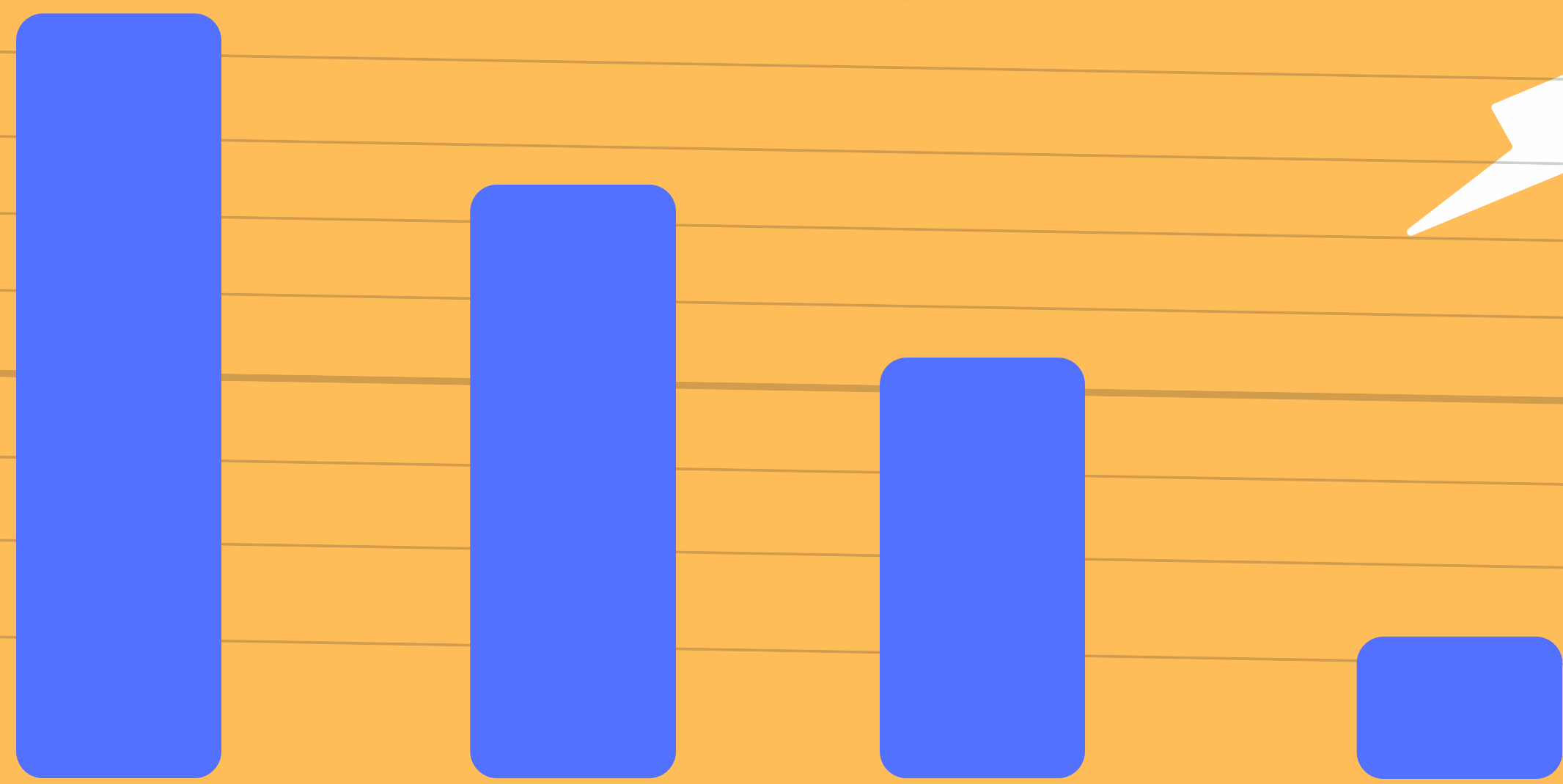
肥胖人口比率
(%)

阿公阿媽快點去睡覺!!!

想要吃得好, 快去睡覺!



100
90
80
70
60
50
40
30
20
10



5小時

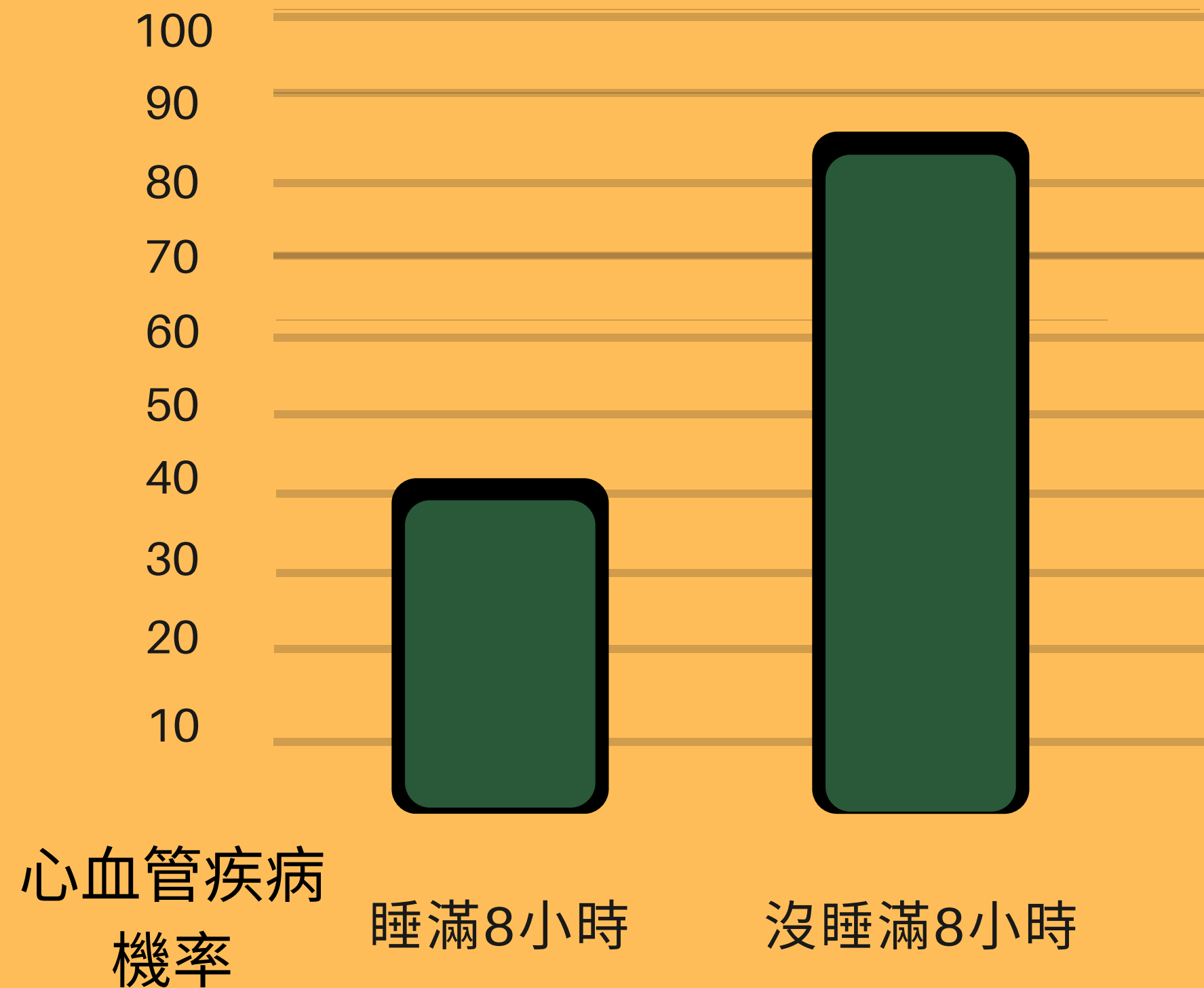
6小時

7小時

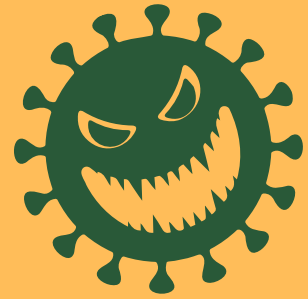
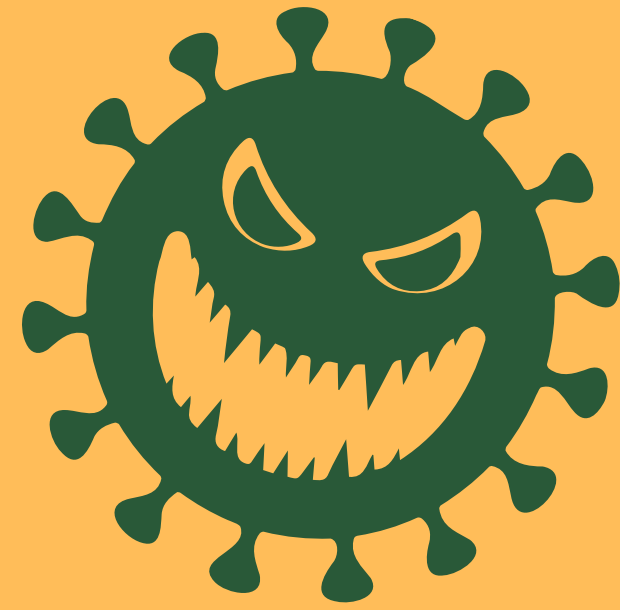
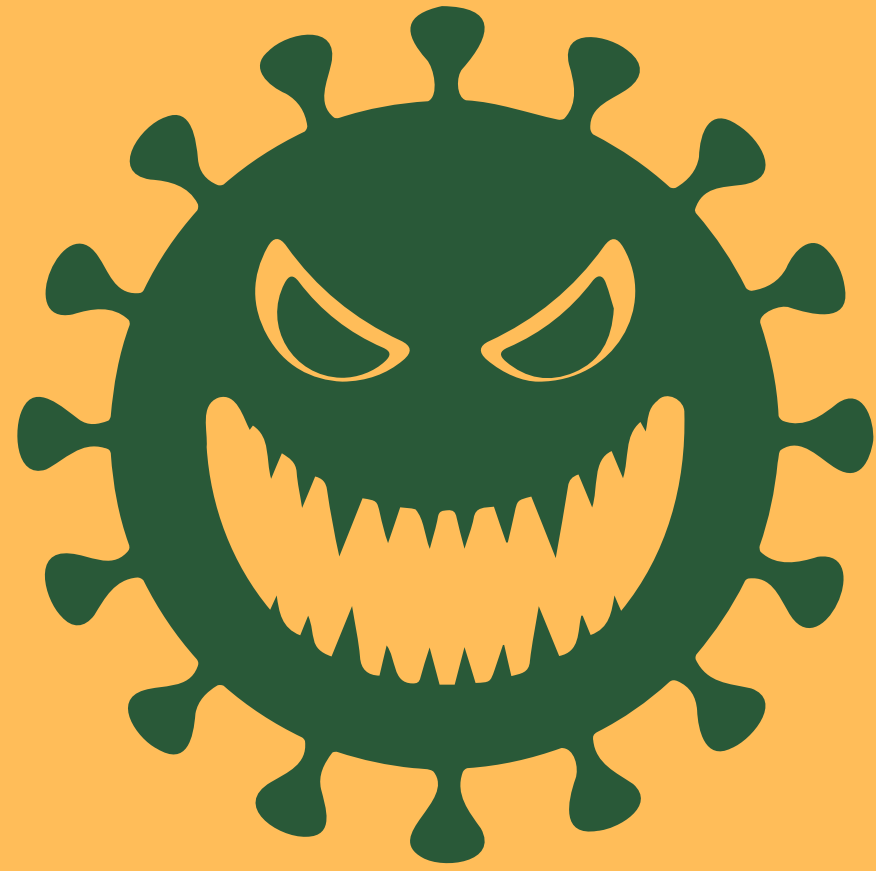
8小時

睡眠時間

每天8小時，不用跑醫院



睡滿8小時



剩30%!!

只睡4小時

要睡飽

別讓病毒有機可乘!