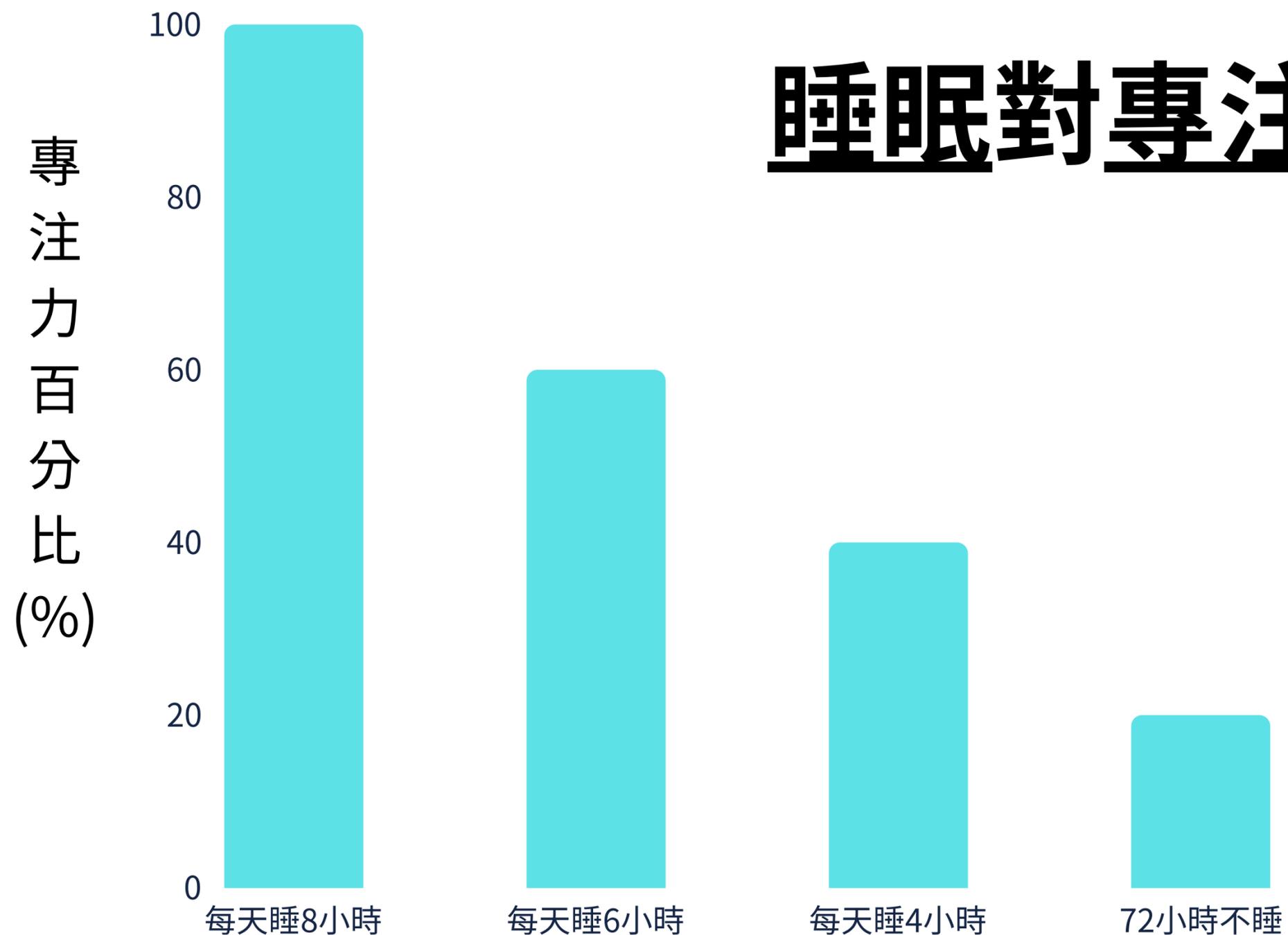




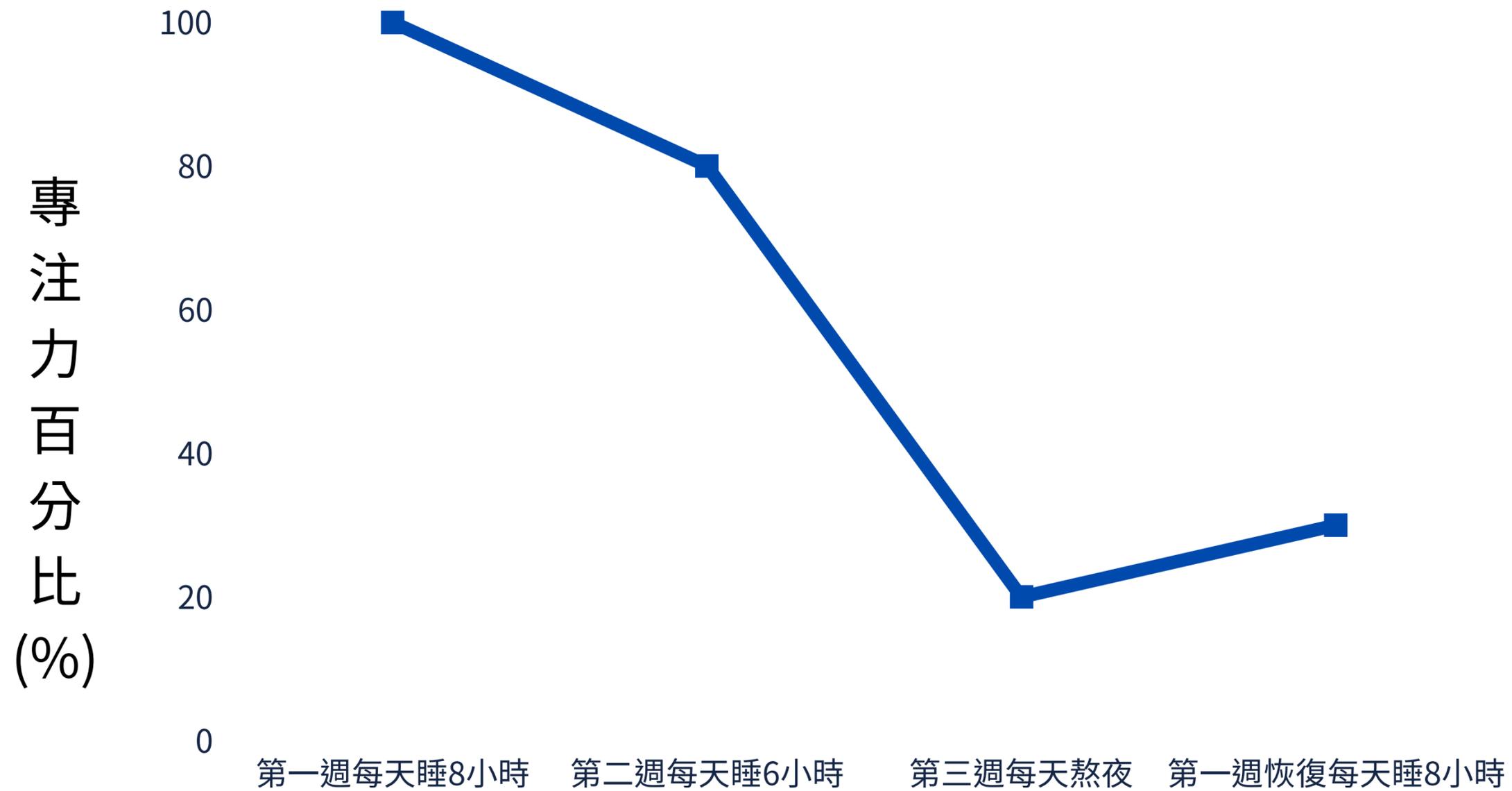
# 睡眠品質好，考場沒煩惱



## 睡眠對專注力的影響

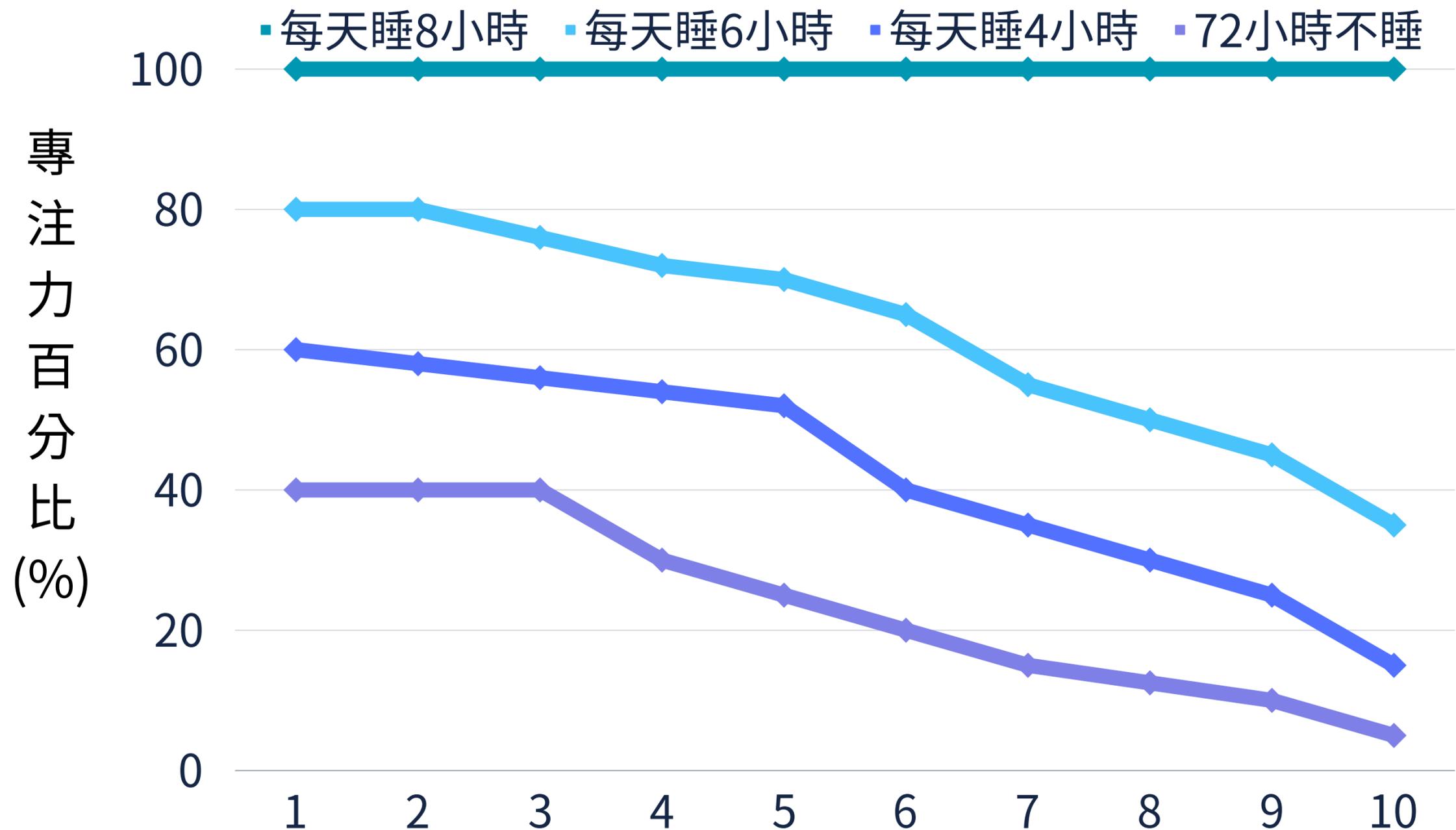


# 熬夜後無法以補眠恢復!



# 夜晚沒睡好，記憶拉警報

## 長期睡眠不足專注力下降



# 熬夜讀書反使記憶力下降

