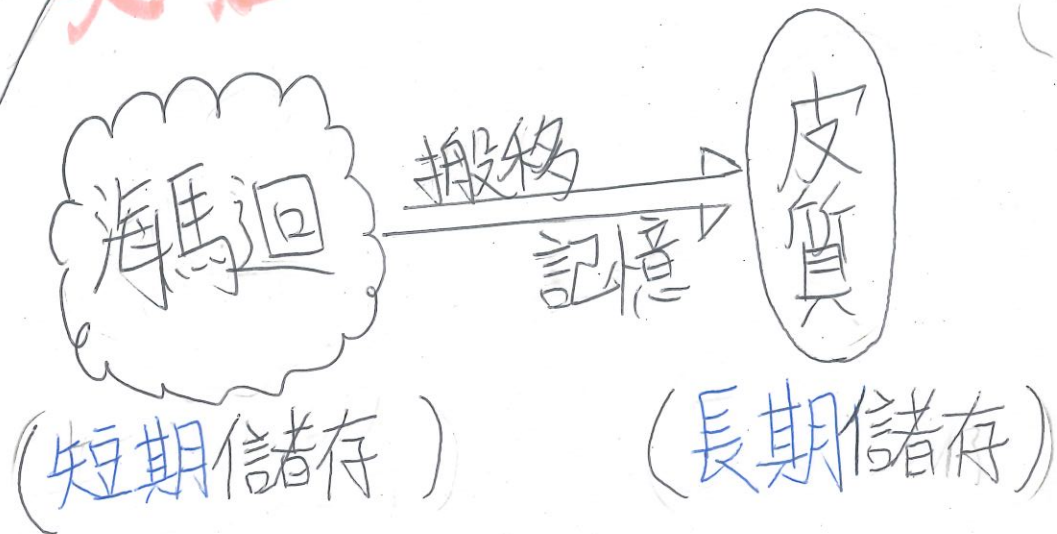
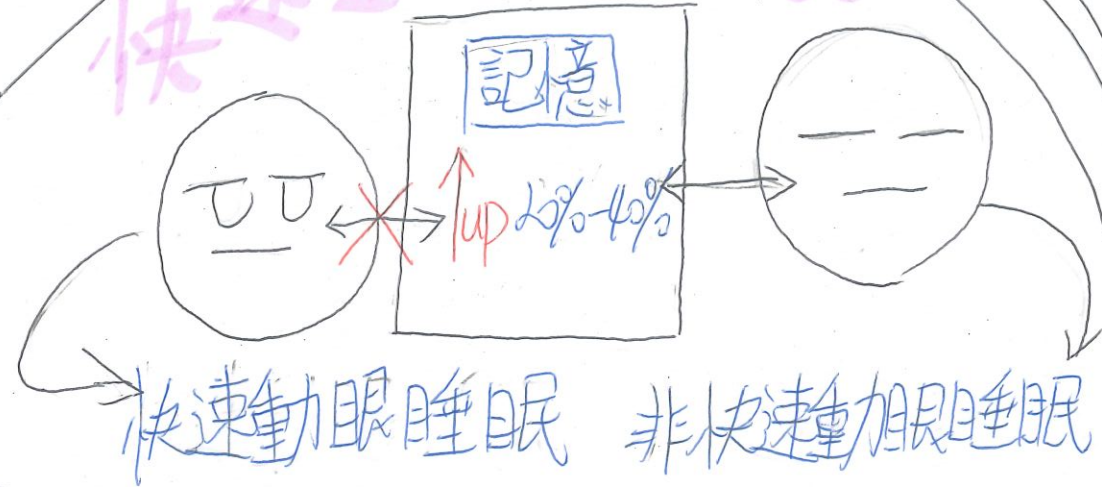


大腦睡眠時的運作

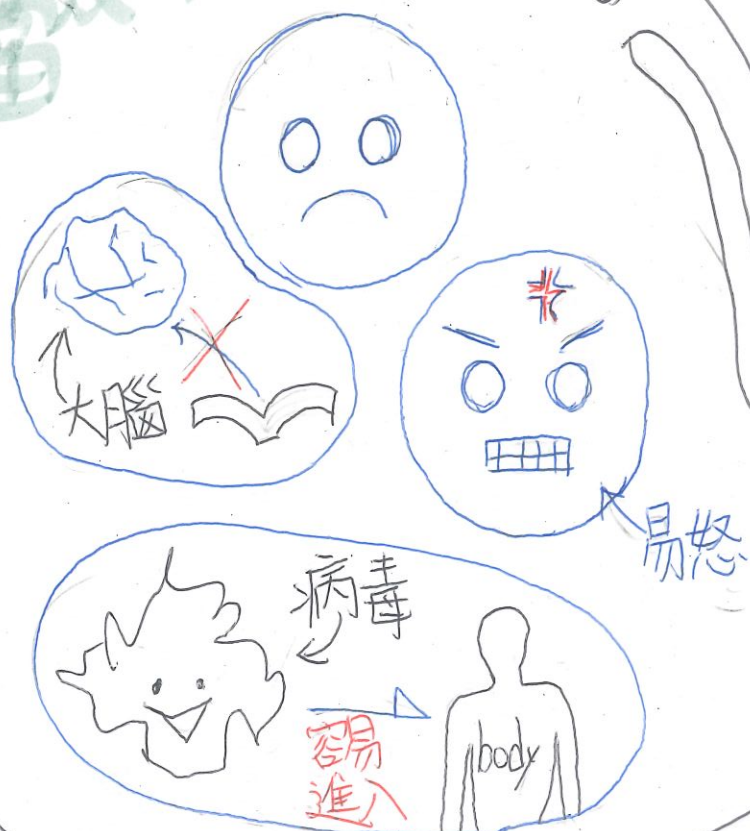


快速動眼睡眠

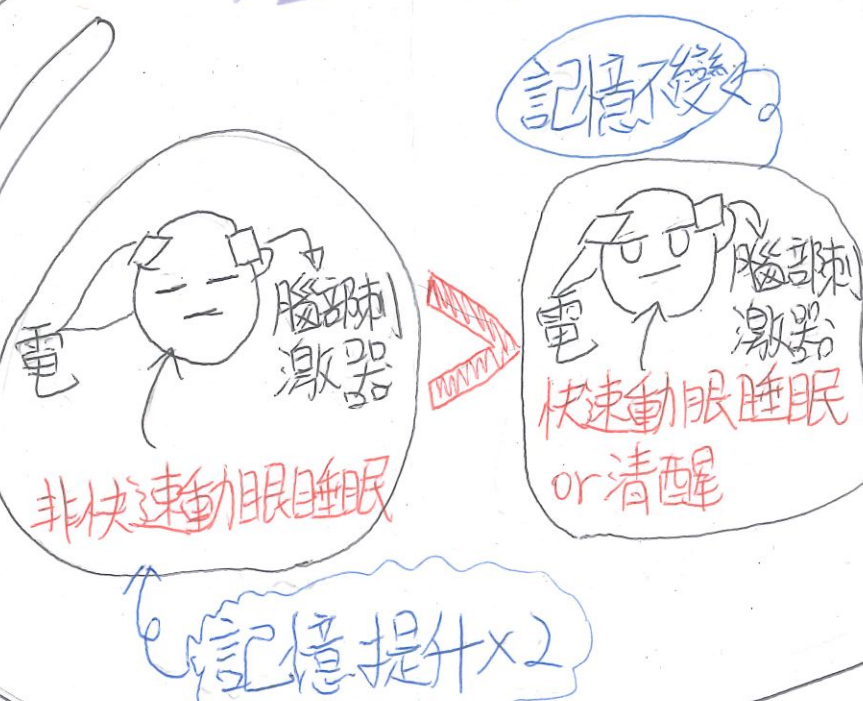


為什麼我們該睡覺?

當沒有好睡眠時



睡眠刺激法



當睡眠時

