

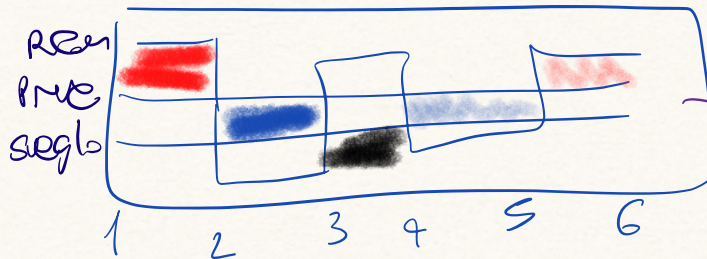
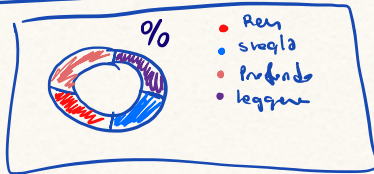
24h

4 marzo

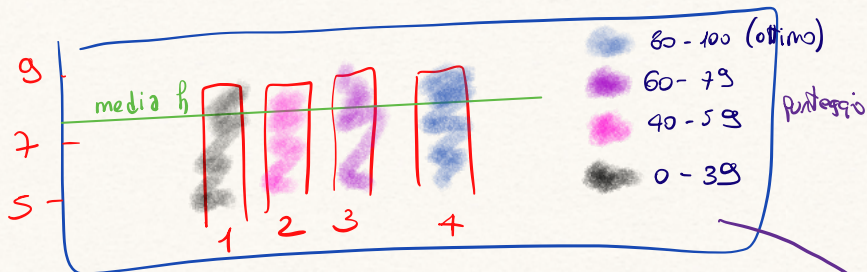
< D W M >
Intervallo gmi

100% - ECCELLENTE (1)

orario
SONNO



consiglio



Frasi su intervall
sul sonno

100 - 60 ore
80 - 60 ore

grafico =
minuti x fase
REM 2 Min
Sveglio 120 min

grafico =
in media, quest'anno
hai dormito
5 min in più
2025 8,03 ore
2024 6 ore