



Aktivitet









































2



























2





































V













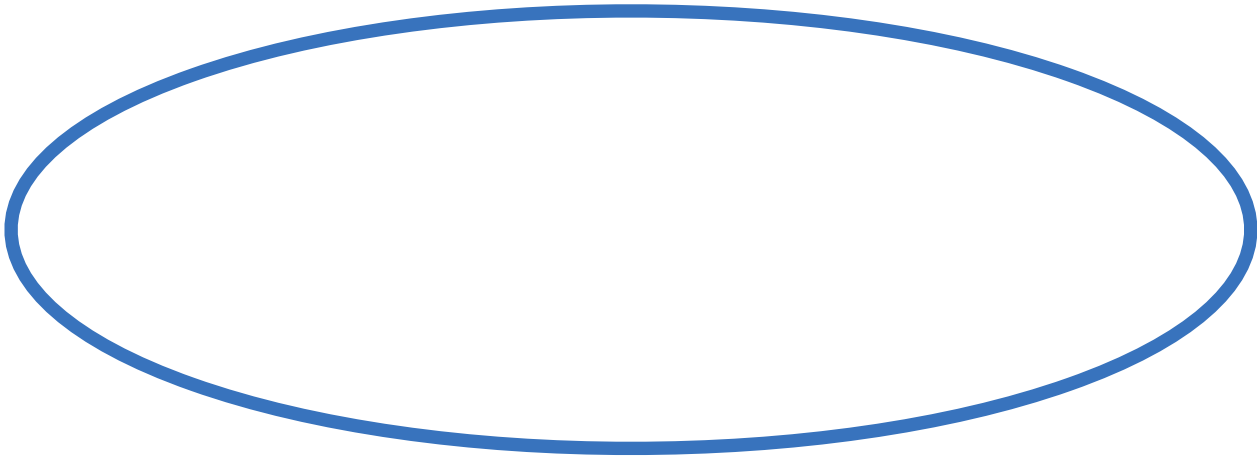


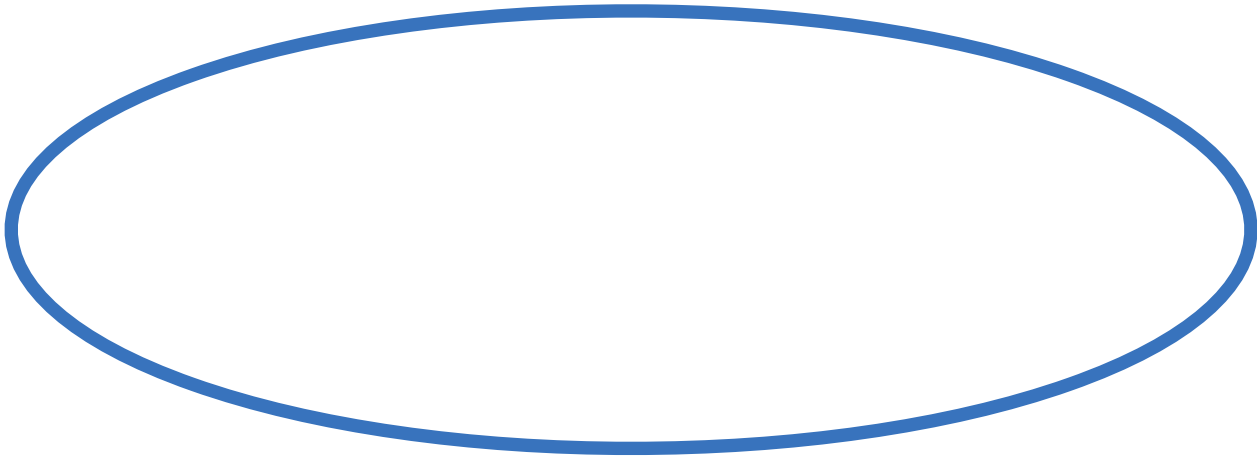


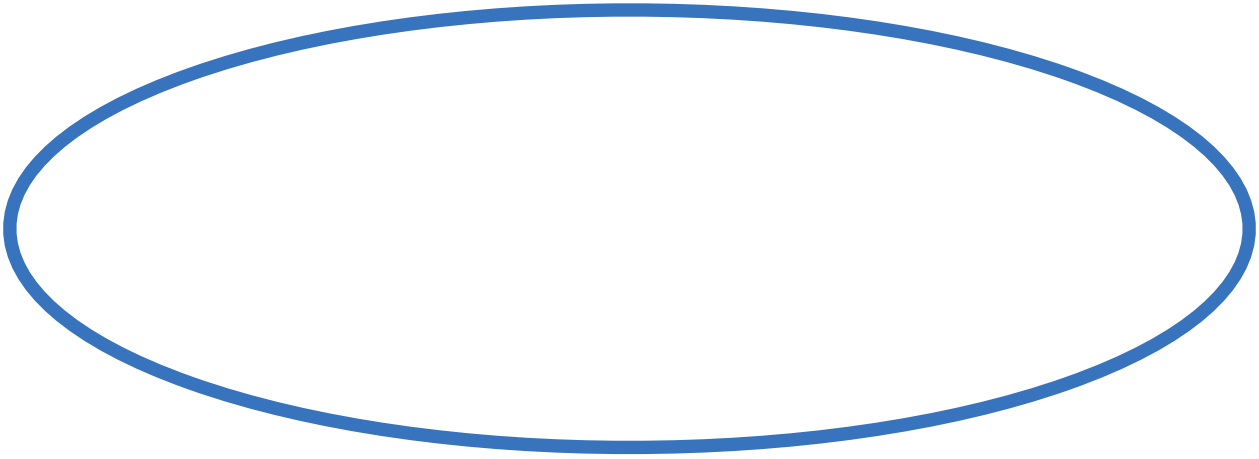


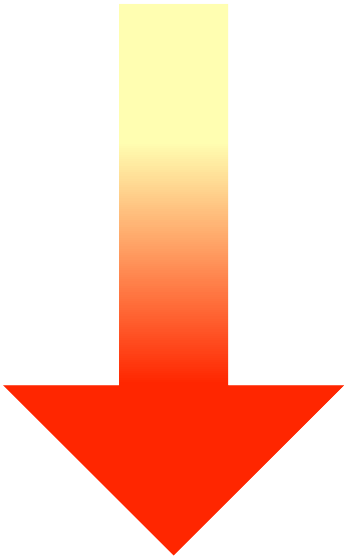


Sosialit

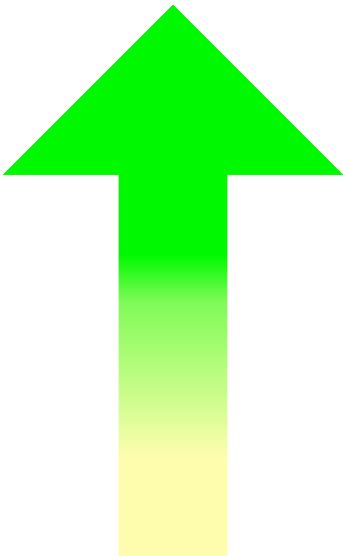


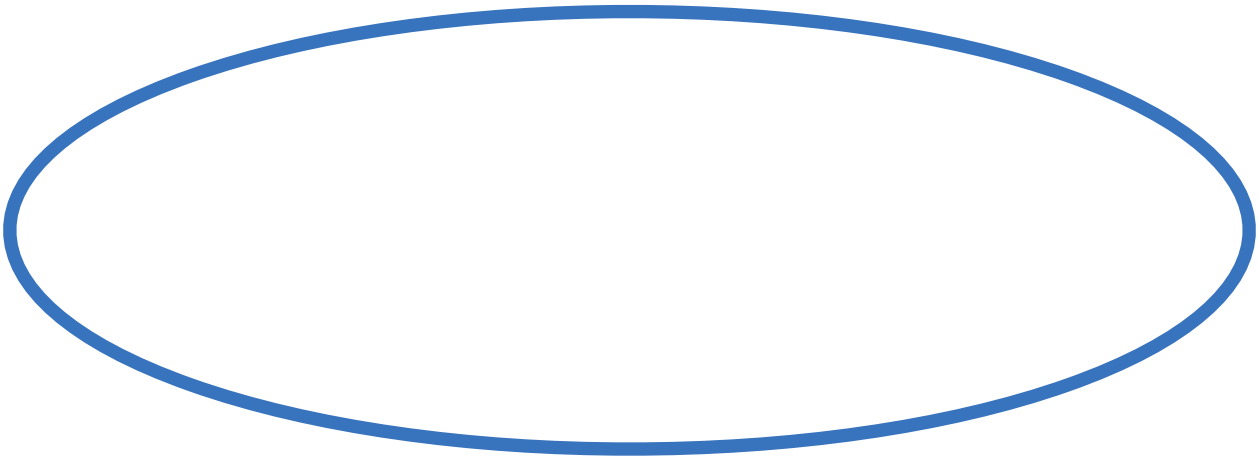


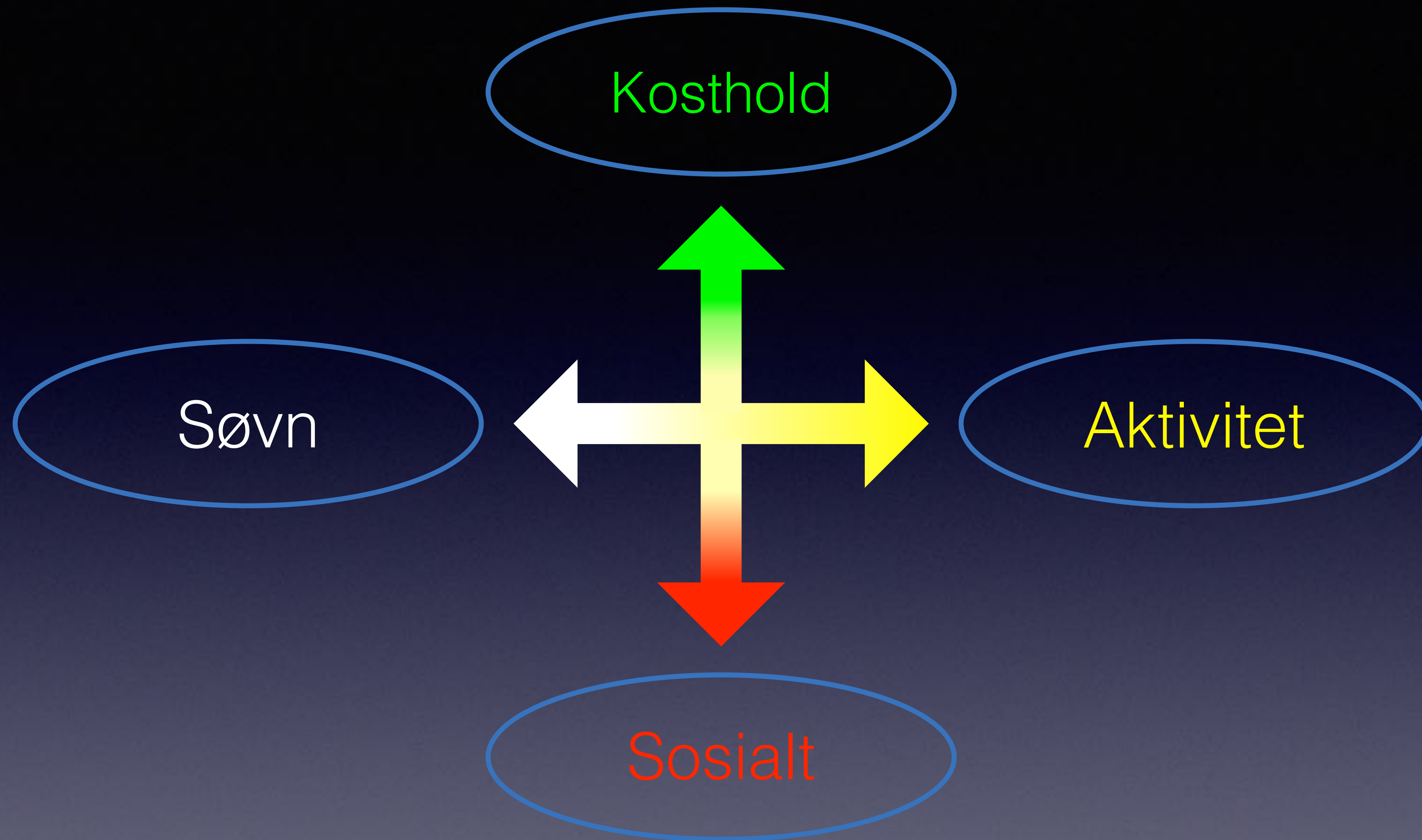




known







Kosthold + søvn + fysisk aktivitet + sosial støtte ➡ psykisk og fysisk sunnhet

Disposisjon

1. Om søvn
2. Søvn og psykiatri
3. Kartlegging
4. Behandling