

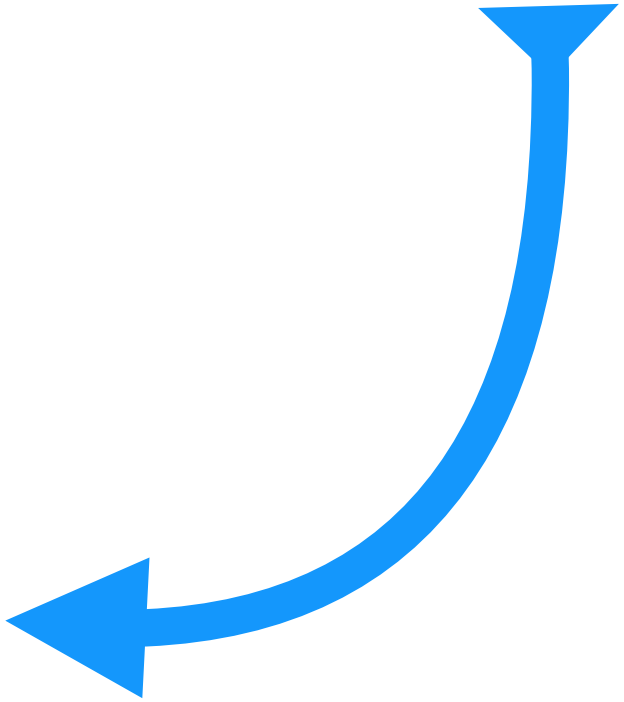
1. Informasjon

2. Kartlegging

3. **Utregning**

4. Behandling











1 Søvn effektivitet

1. Informasjon

2. Kartlegging

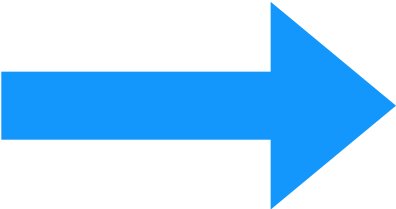
4. Behavandling

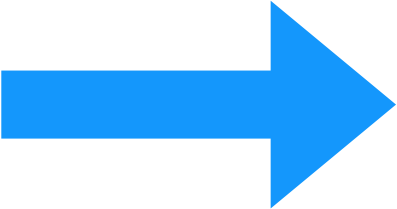
3. **Uttreagning**

4. Triitark

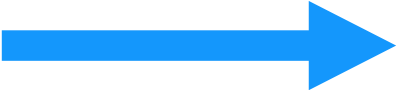
— søvnsrestriksjon + søvnhygiene

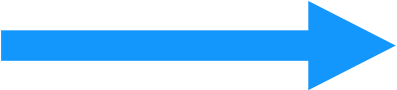














1st Son of a Knight

