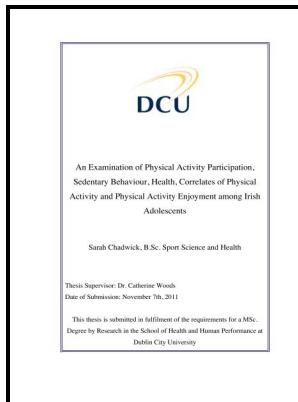


Working populations mood alteration in four activity modes: quiet lunch time, running, swimming, and weight training.

University of Wales Institute, Cardiff - Reasons for Feeling Sleepy All the Time



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