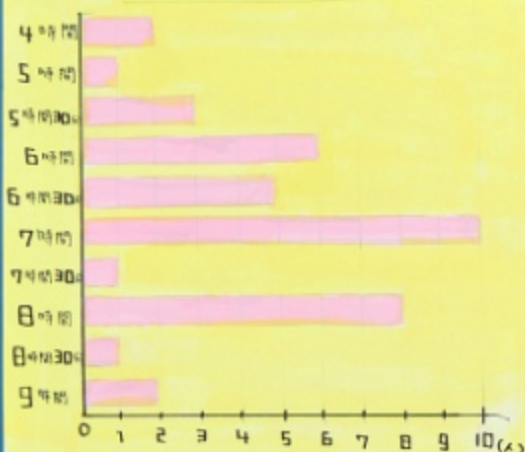
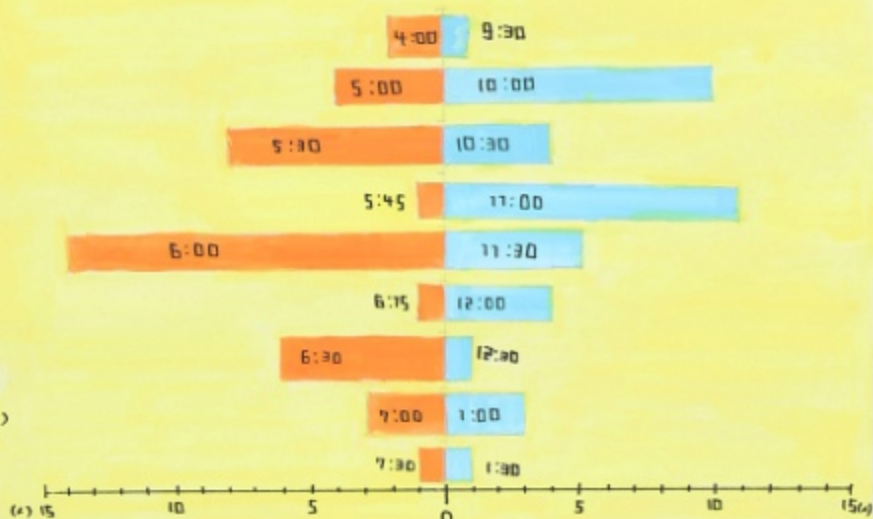


みんなの睡眠事情

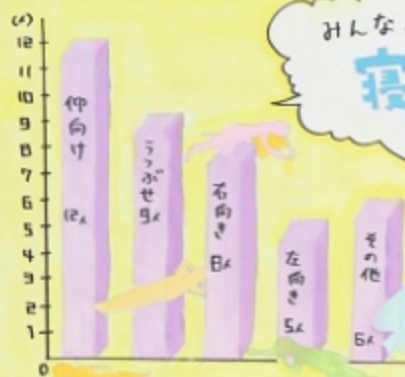
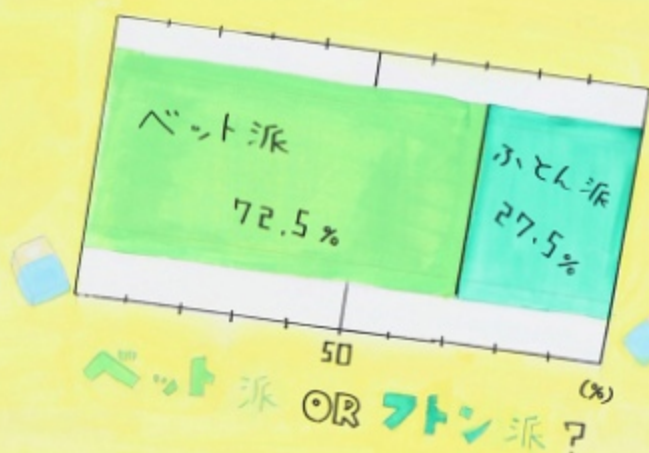
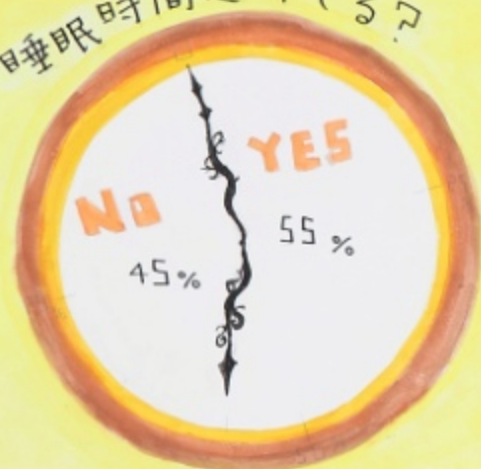
睡眠時間は?



起きる時間と寝る時間

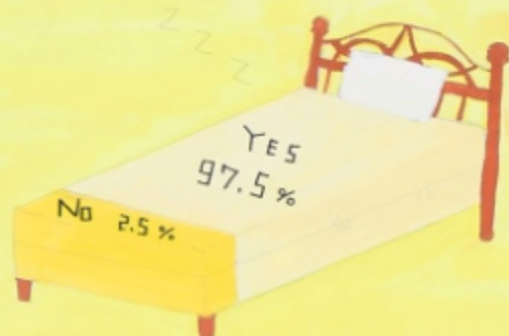


睡眠時間足りてる?



みんなの

寝相



スイiton は大切?