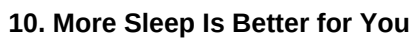


关于睡眠的10大误解和迷思

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There could be such a thing as too much sleep. The amount of sleep we need varies by person and also changes as we age. Harvard researchers found that a lot of sleep (9 hours or more) is linked with poor sleep quality. So don't aim for more sleep—even on the weekends. Aim for better sleep.

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