

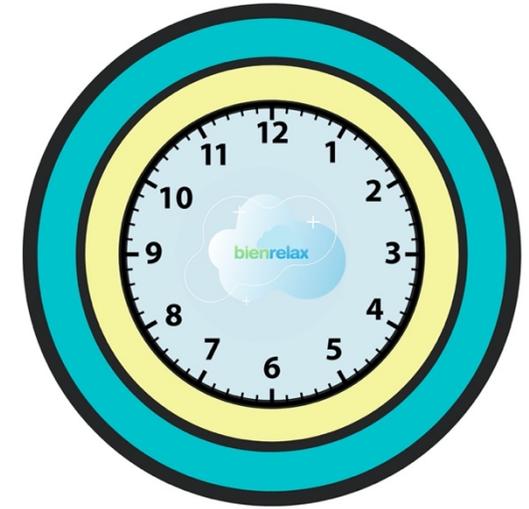
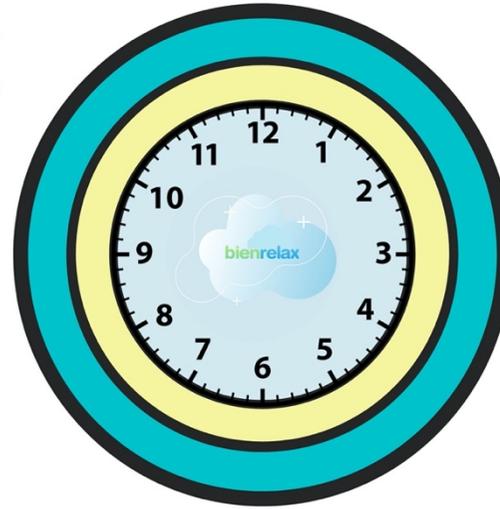
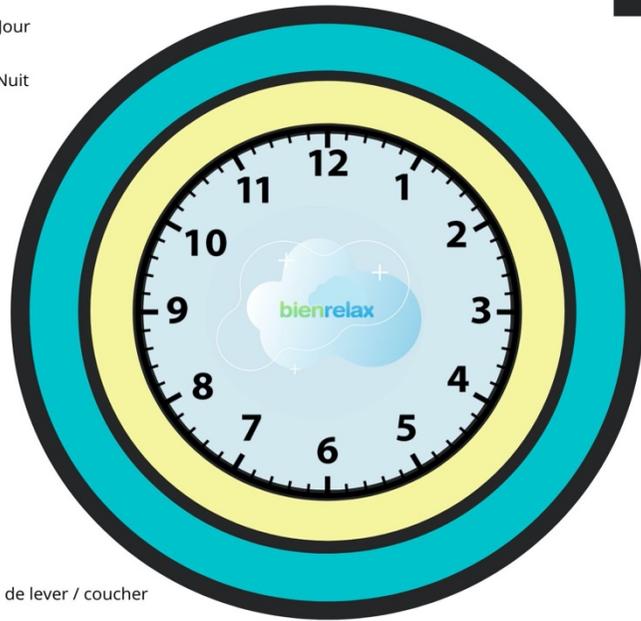
LUNDI

MARDI

MERCREDI

- Horloge Jour
- Horloge Nuit

- Sommeil profond
- Somnolence
- Eveil



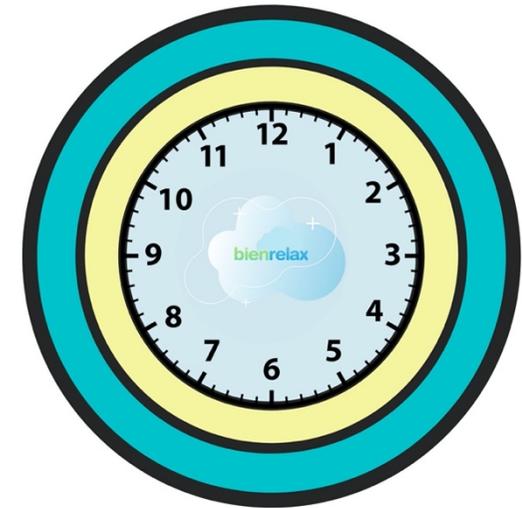
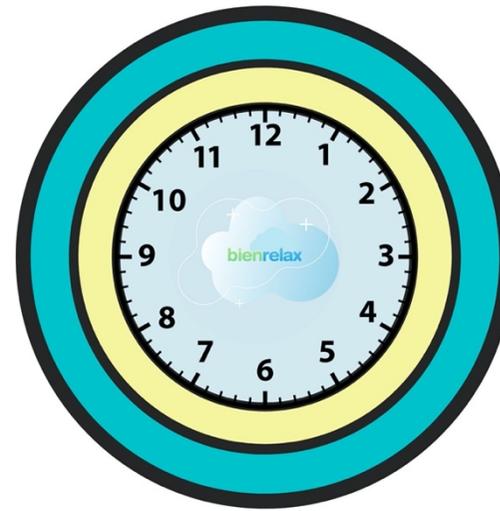
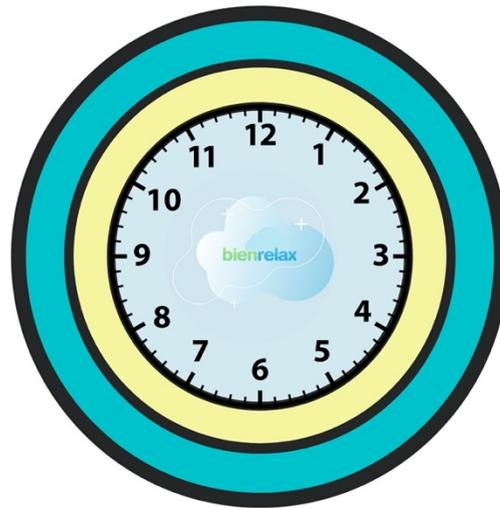
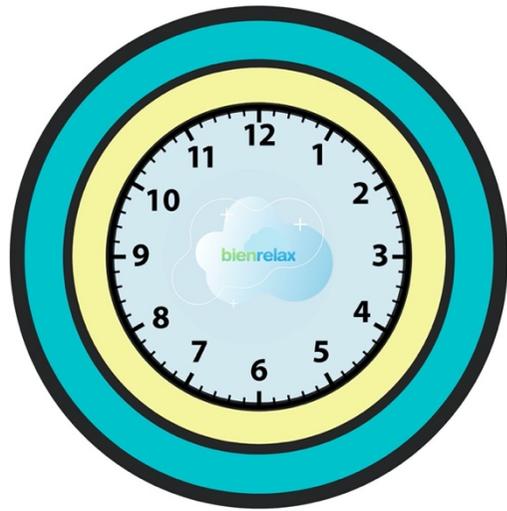
→ Mon heure de lever / coucher
S Ma séance de sophrologie

JEUDI

VENDREDI

SAMEDI

DIMANCHE



LA SEMAINE DU ...

