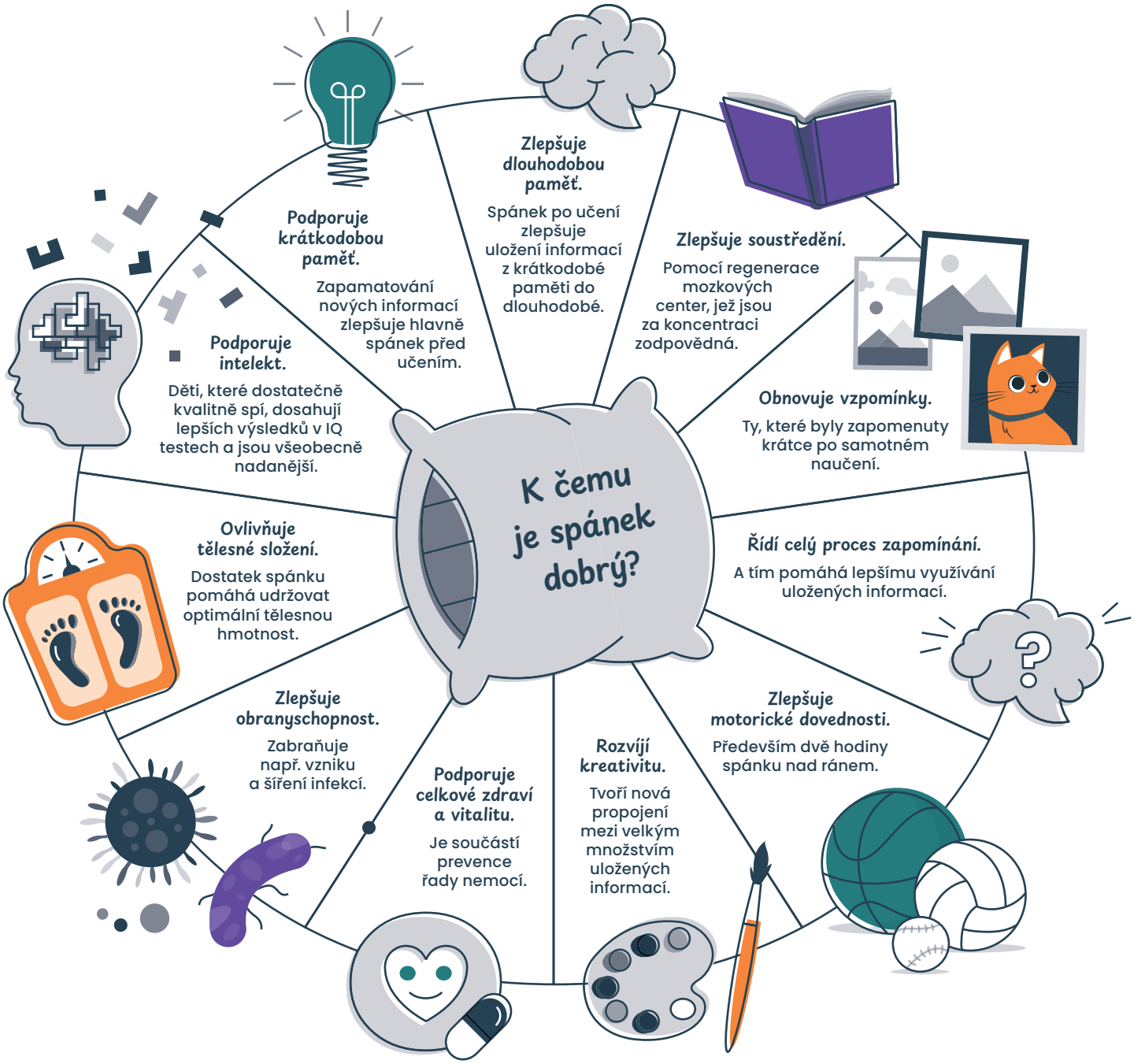K čemu je spánek dobrý?