تأثير نوم الأطفال في نمو الدماغ والتعلم والصحة النفسي



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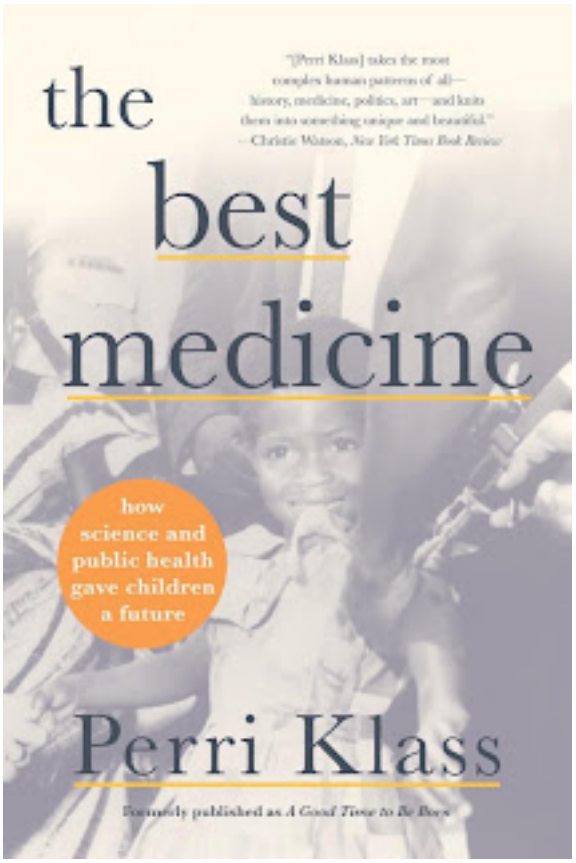

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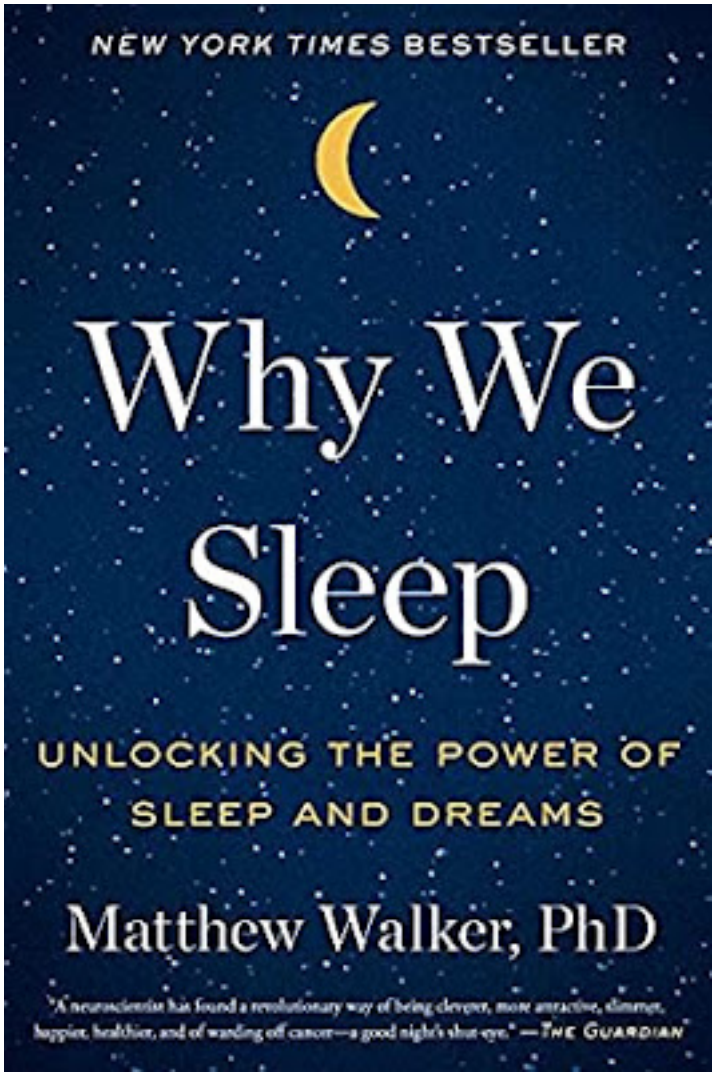
NEW YORK TIMES BESTSELLER
Why We Sleep
UNLOCKING THE POWER OF SLEEP AND DREAMS
Matthew Walker, PhD
"A neuroscientist has found a revolutionary way of being cleverer, more attractive, slimmer, happier, healthier, and of warding off cancer—a good night's shut-eye." —THE GUARDIAN

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????? ??????? (24) ????? "????? ???? ?????" (Common Sense Media) ??? ???????? ???? ?????? ??? 2019? ?? ??? ??? ????????? ?????? ???????? ???????? ???? ??? ???????. ??? ???? ?????? ?????? ????? (25)? ????? ?? ???? ??????? ????????? ??? ??????? JAMA) (Pediatrics ??? 2016? ??? ??

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