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|  توضیحات | از خواب خود راضی بودید یا خیر ؟ |  7 بامداد | 6 بامداد | 5 بامداد | 4 بامداد | 3 بامداد | 2 بامداد | 1 بامداد | 12 شب | 11 شب | 10 شب | 9 شب | 8 عصر | 7 عصر | 6عصر | 5 عصر | 4 عصر | 3 عصر | 2 عصر | 1 عصر | 12 ظهر | 11 ظهر | 10 صبح | 9 صبح | 8 صبح | ایام هفته  | تاریخ |
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نام و نام خانوادگی : به خواب رفتن بیدار شدن به رختخواب رفتن از رختخواب خارج شدن خواب ////// قرص ×

 