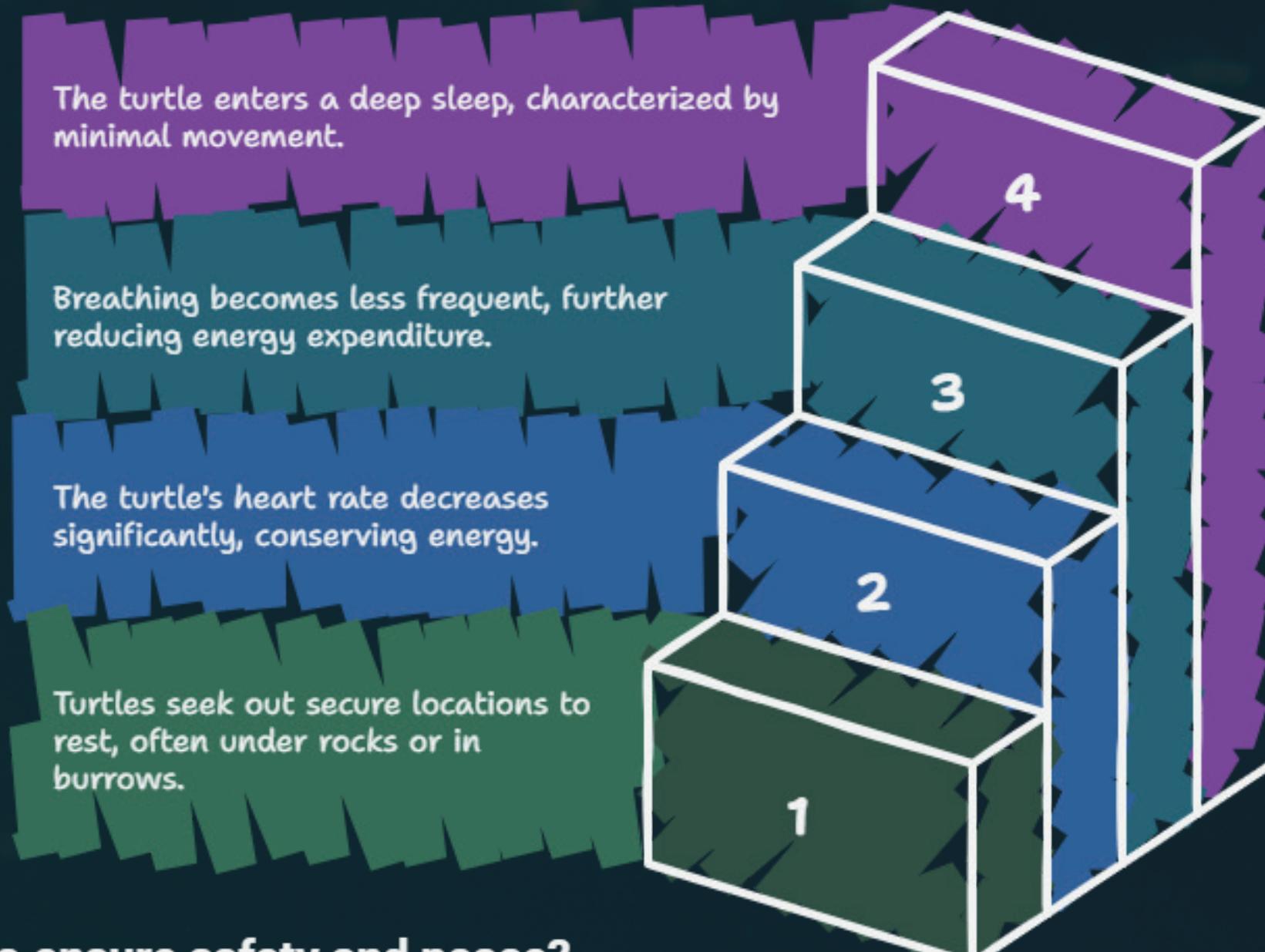
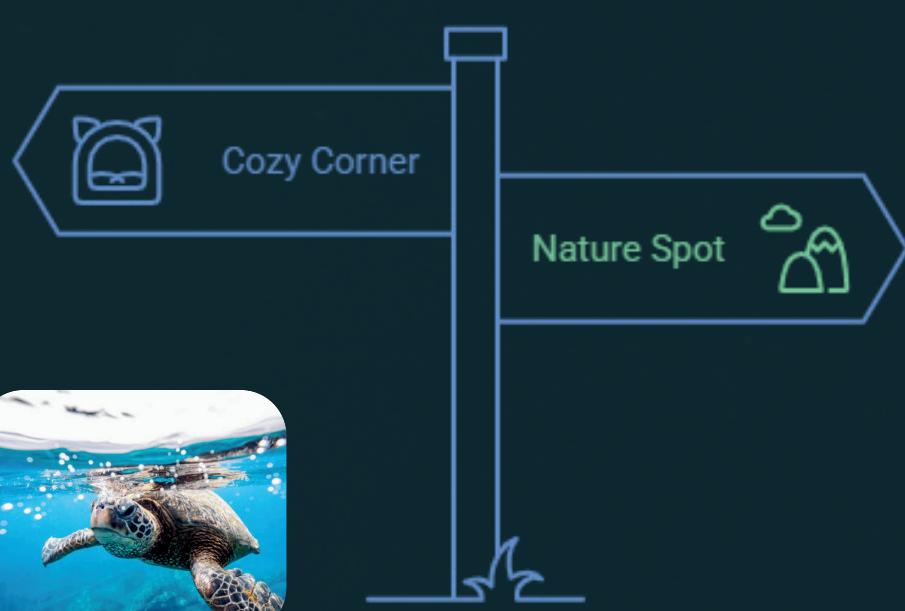


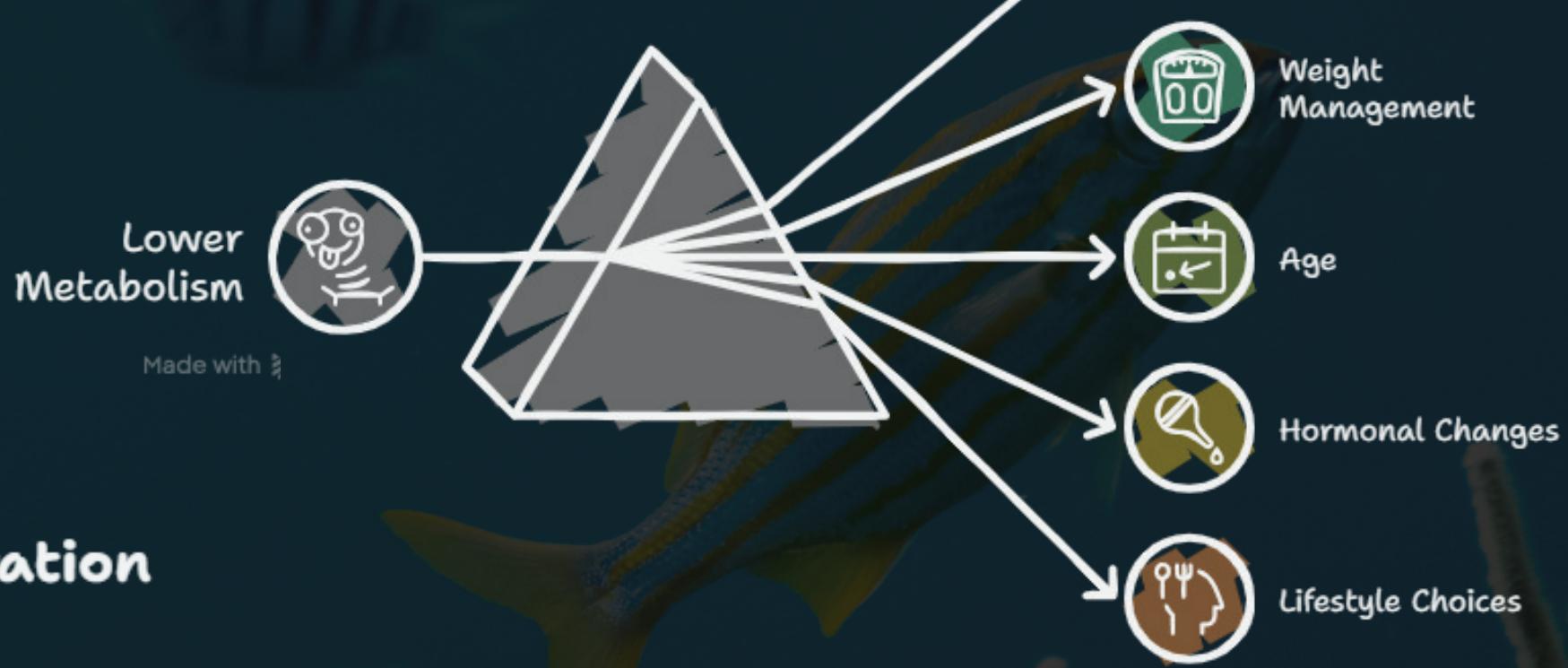
## Turtle Sleep Process



Where should I sleep to ensure safety and peace?



## Exploring the Dimensions of Lower Metabolism



## Mechanisms of Underwater Respiration



Consistent Sleep Routine  
Made with

Conducive Sleep Environment

Enter Deep Sleep



Body Repair

Immune System Strengthening

Improved Health