

NEW PODCAST

The Importance of Sleep



Available Now!



More information:

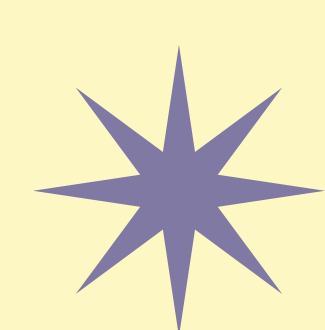
Sleep - Cwm Taf Morgannwg University
Health Board (nhs.wales)



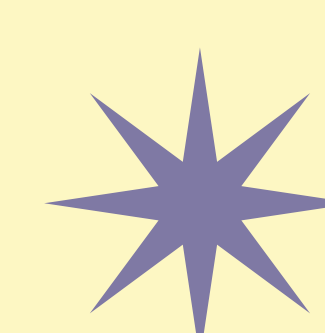
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Pwysigrwydd Cwsg



Ar gael Nawr!



Mwy o wybodaeth:

Cysgu- Bwrdd Iechyd Prifysgol Cwm Taf
Morgannwg ([nhs.wales](https://nhs.uk))



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