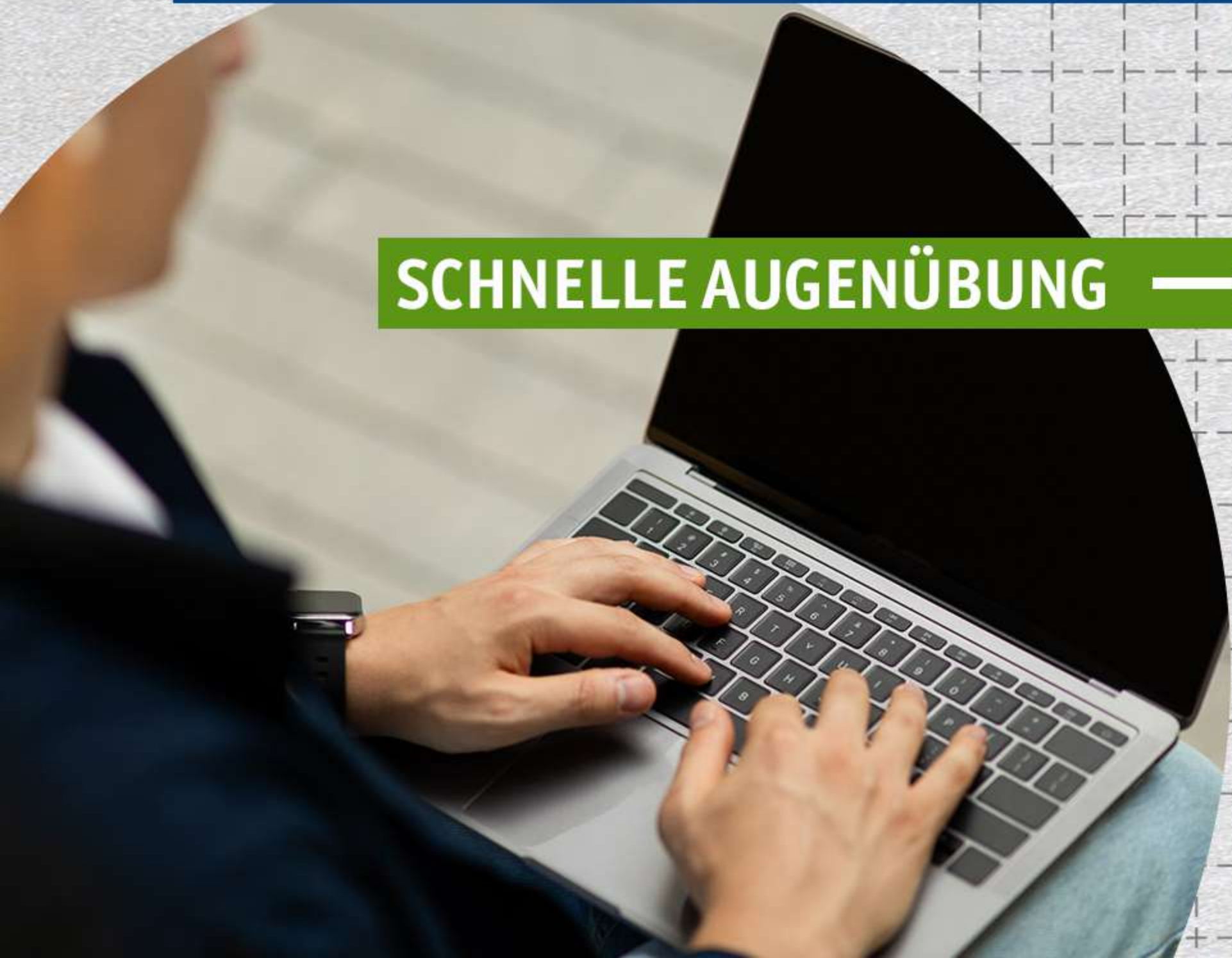


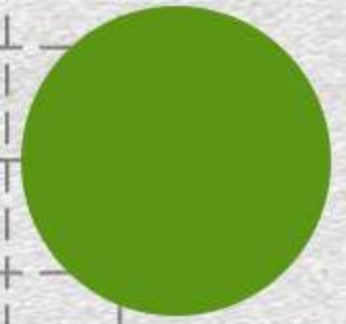
**SCHON GEWUSST?**

**BEIM ARBEITEN AM BILDSCHIRM  
BLINZELN WIR BIS ZU 60 % WENIGER**

**SCHNELLE AUGENÜBUNG →**



# PALMIEREN



1.

**REIBE DEINE HANDFLÄCHEN  
ANEINANDER, BIS SIE WARM SIND**

A man with short brown hair, wearing a white t-shirt, is shown from the chest up. He has both hands pressed against his eyes, completely covering them. The background behind him is a plain, light grey color. The entire scene is framed within a circular cutout in a white, textured surface.

**2.**

**LEGE SIE SANFT AUF DIE  
GESCHLOSSENEN AUGEN**

**3.**

**GENIEßE 20–30 SEKUNDEN  
DUNKELHEIT UND WÄRME**