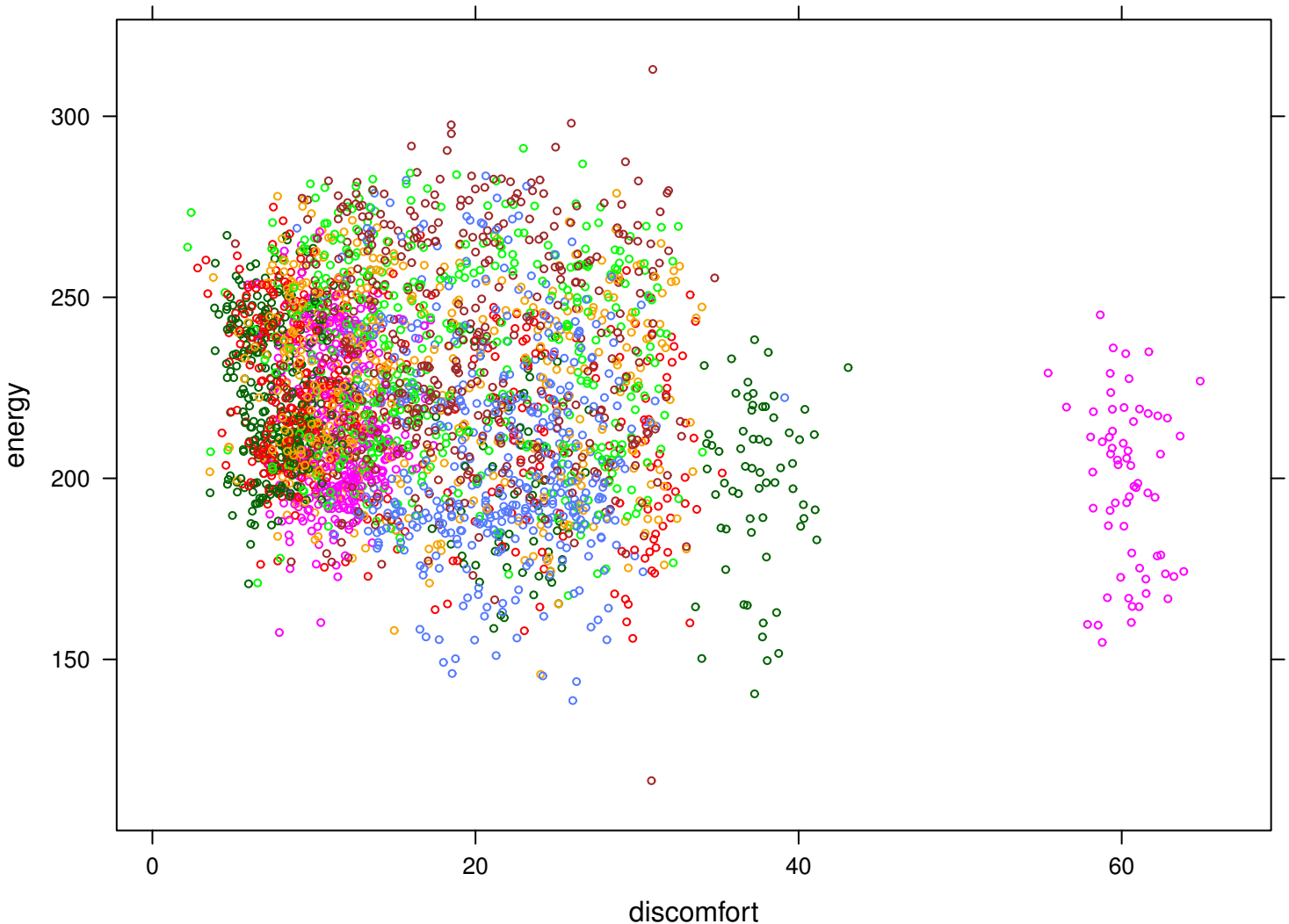
energy
300
250
200
150
0
20
40
60
discomfort