

	Trial 1 (n=16/group)		Trial 2 (n=16/group)		Trial 3 (n=16/group)	
Sugar	5%	20%	5%	20%	5%	20%
Yeast	5%	20%	5%	20%	5%	20%
Activity ± SEM (counts/min)						
All	0.49 ± 0.05	0.61 ± 0.04	0.55 ± 0.05	0.52 ± 0.05	0.46 ± 0.04	0.41 ± 0.03
Awake	2.62 ± 0.24	2.31 ± 0.17	2.66 ± 0.14	2.15 ± 0.11 *	2.37 ± 0.13	2.08 ± 0.09
Night	0.44 ± 0.06	0.57 ± 0.05	0.45 ± 0.05	0.36 ± 0.06	0.39 ± 0.05	0.33 ± 0.04
Day	0.54 ± 0.05	0.67 ± 0.04	0.65 ± 0.06	0.67 ± 0.05	0.53 ± 0.04	0.49 ± 0.04
Sleep ± SEM (min/hr)						
All	42.0 ± 2.0	37.6 ± 3.3	42.6 ± 1.4	40.5 ± 1.6	42.3 ± 2.2	41.6 ± 1.8
Night	43.9 ± 2.3	39.9 ± 3.1	47.2 ± 1.6	47.0 ± 2.0	45.8 ± 2.2	46.4 ± 1.8
Day	40 ± 1.9	35.3 ± 3.6	37.9 ± 1.4	33.9 ± 1.5	38.5 ± 2.4	36.4 ± 1.9
Sleep bouts ± SEM (events/hr)						
All	1.86 ± 0.17	0.91 ± 0.16 ***	1.64 ± 0.12	1.1 ± 0.08 **	1.54 ± 0.13	1.11 ± 0.08 *
Night	1.85 ± 0.19	0.92 ± 0.16 **	1.53 ± 0.14	1.04 ± 0.11 *	1.38 ± 0.16	0.97 ± 0.1 *
Day	1.88 ± 0.16	0.89 ± 0.16 ***	1.77 ± 0.13	1.16 ± 0.08 ***	1.71 ± 0.12	1.26 ± 0.08 *
Rest ± SEM (min/hr)						
All	5.37 ± 0.68	5.9 ± 1.17	4.96 ± 0.44	4.95 ± 0.48	5.44 ± 0.79	5.98 ± 0.74
Night	4.73 ± 0.82	5.03 ± 1.12	3.59 ± 0.45	3.32 ± 0.52	4.33 ± 0.77	4.04 ± 0.64
Day	6.02 ± 0.62	6.81 ± 1.25	6.34 ± 0.56	6.61 ± 0.56	6.63 ± 0.91	8.07 ± 0.9
Brief awakening ± SEM (events/hr)						
All	2.2 ± 0.22	1.66 ± 0.34	1.99 ± 0.13	1.68 ± 0.16	2.02 ± 0.23	1.96 ± 0.25
Night	2.09 ± 0.26	1.49 ± 0.31	1.63 ± 0.15	1.24 ± 0.17	1.66 ± 0.22	1.34 ± 0.18
Day	2.31 ± 0.22	1.83 ± 0.38	2.34 ± 0.19	2.12 ± 0.19	2.4 ± 0.28	2.62 ± 0.35
Wake ± SEM (min/hr)						
All	12.6 ± 1.4	16.4 ± 2.2	12.5 ± 1.0	14.6 ± 1.3	12.3 ± 1.4	12.4 ± 1.1
Night	11.3 ± 1.6	15.0 ± 2.0	9.2 ± 1.2	9.7 ± 1.5	9.9 ± 1.5	9.5 ± 1.2
Day	14.0 ± 1.4	17.9 ± 2.4	15.8 ± 1.1	19.5 ± 1.2 *	14.9 ± 1.5	15.5 ± 1.2
Mean sleep bout length ± SEM (min)						
All	26.8 ± 3.9	52.2 ± 11.5	28.5 ± 2.6	39.2 ± 3.7 *	30.8 ± 3.7	41.2 ± 3.9
Night	30.4 ± 5.4	53.7 ± 11.1	36.5 ± 4.2	51.2 ± 7.8	38.7 ± 6.2	49.7 ± 8.1
Day	24.2 ± 3.1	51.7 ± 12.5	23.3 ± 2.1	31.3 ± 2.1 *	26.1 ± 3.3	37.6 ± 3.6 *
Latency to first sleep following light transition ± SEM (min)						
Night	29.2 ± 6.0	59.9 ± 19.2	13.8 ± 1.9	46.5 ± 25.8	38.2 ± 7.6	66.4 ± 12.7
Day	25.5 ± 4.3	80.2 ± 23.4	44.9 ± 9.7	69.1 ± 12.6	31.8 ± 14.8	65.2 ± 23.7