

↑ F3 depressive-emotional



↑ BNSQ insomnia

↓ F1 punishment
↓ F2 dissatisfaction
↓ F4 depressive-somatic
↑ F3 depressive-emotional



↑ REM awakenings

↑ F2 dissatisfaction
↑ F4 depressive-somatic
↓ F3 depressive-emotional



↑ SWS %

↓ F1 punishment
↓ F2 dissatisfaction
↓ F4 depressive-somatic
↑ F3 depressive-emotional



↑ SWS awakenings