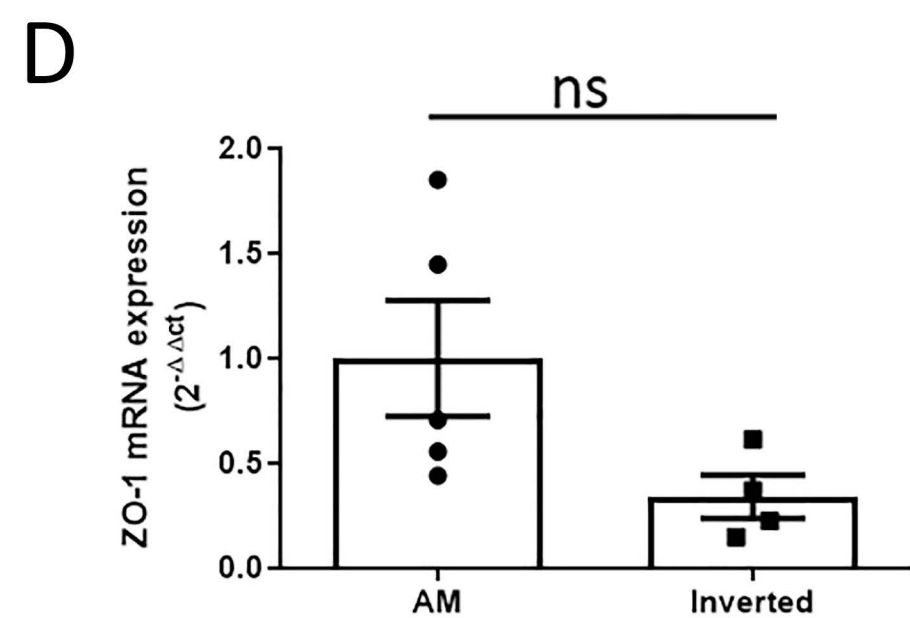
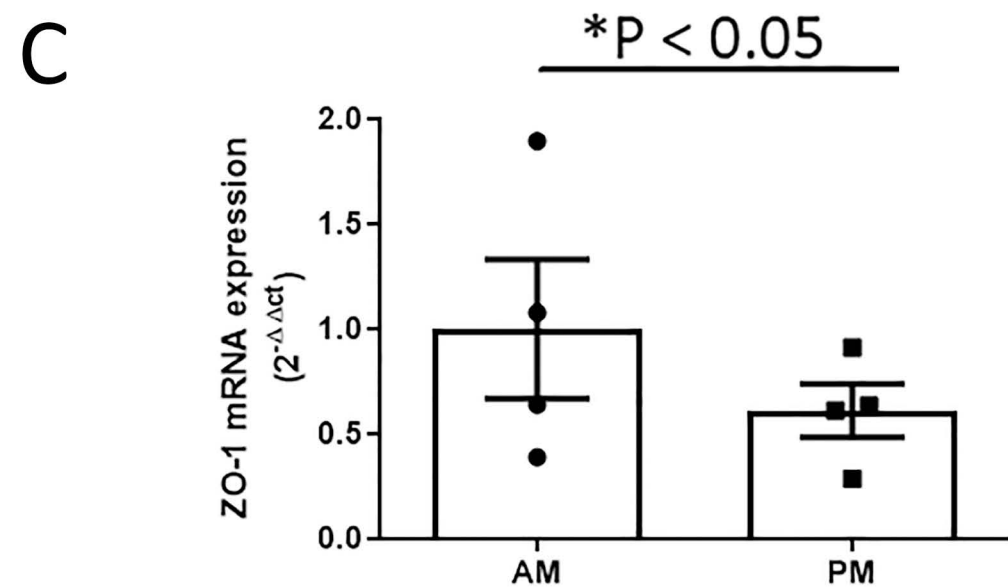
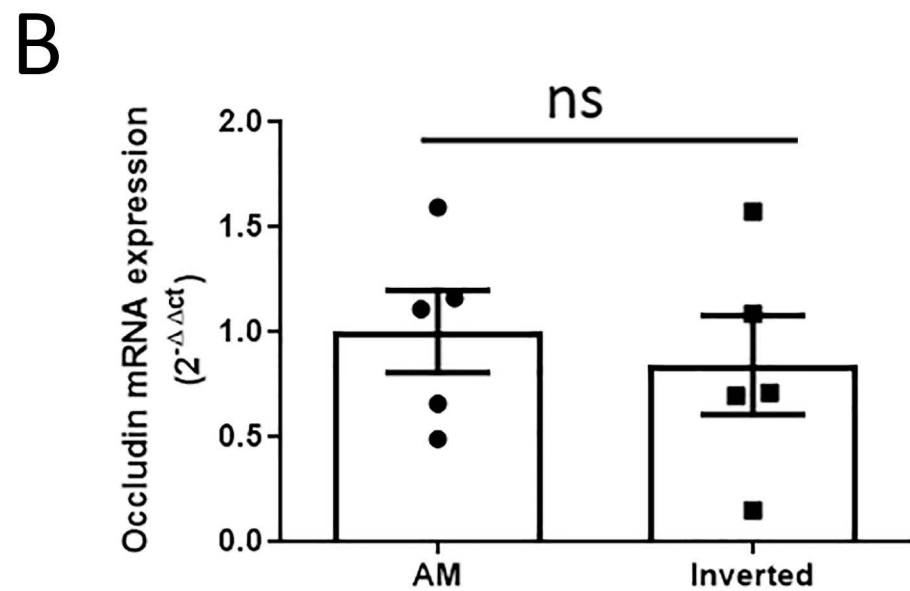
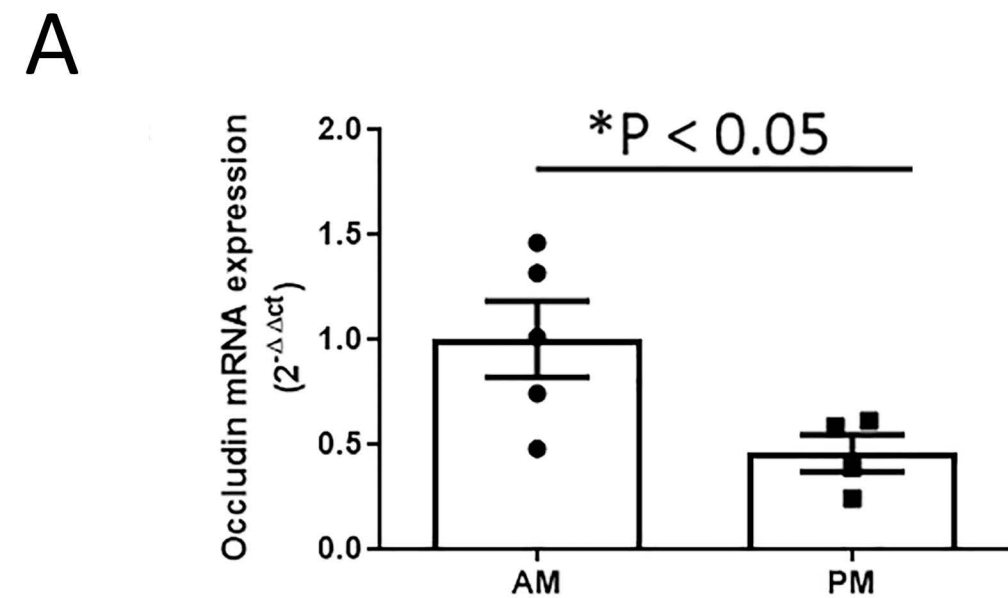
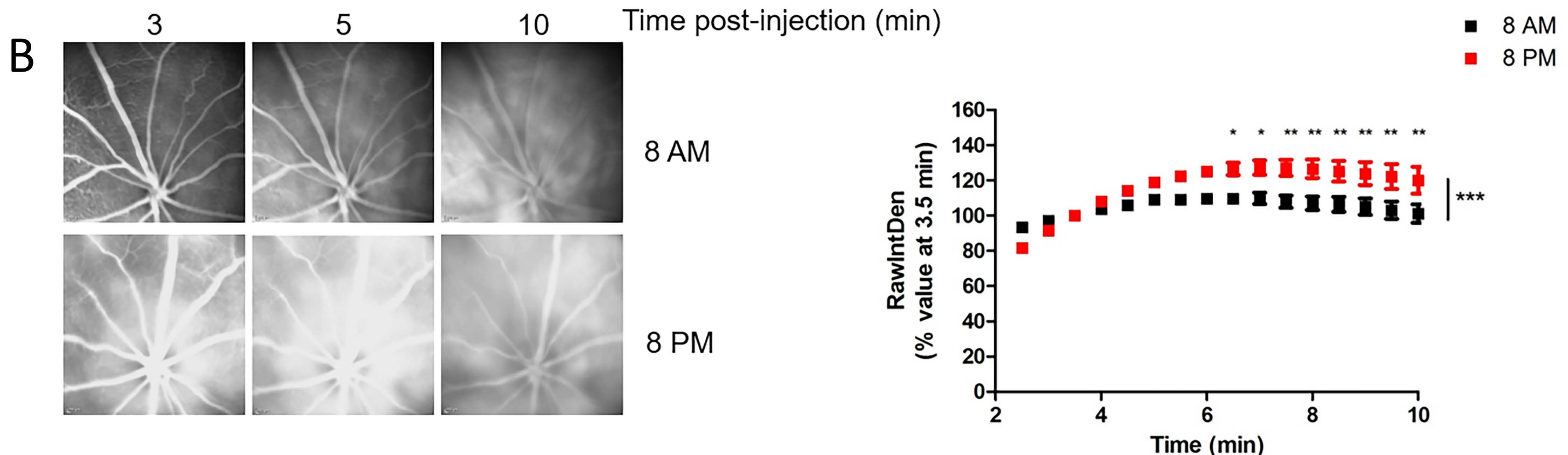
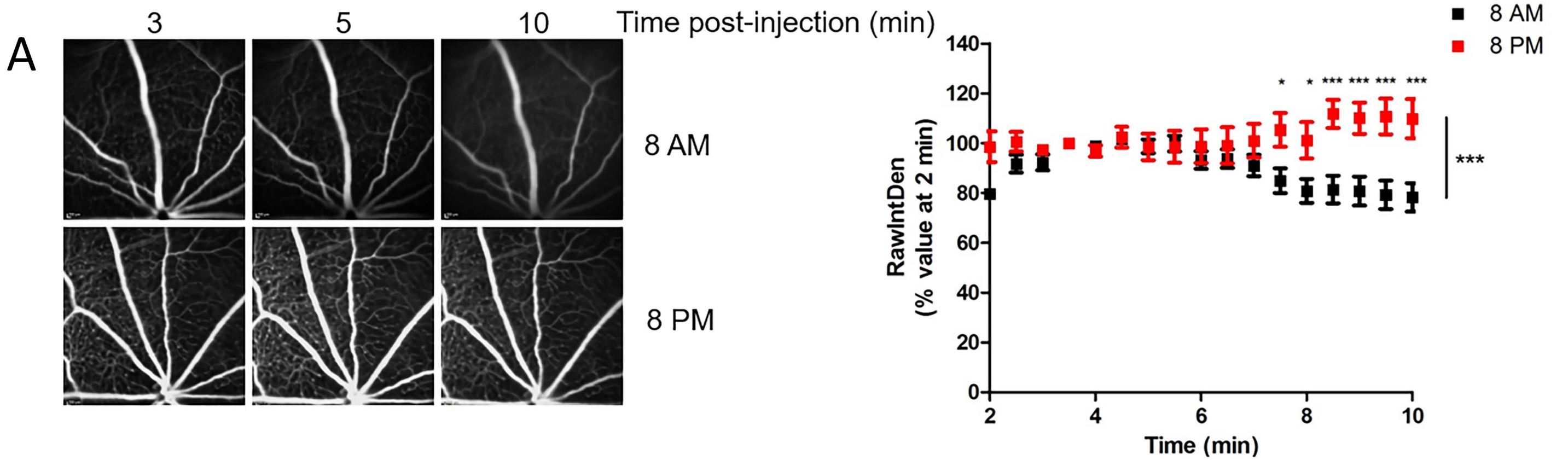


FigS1



FigS2

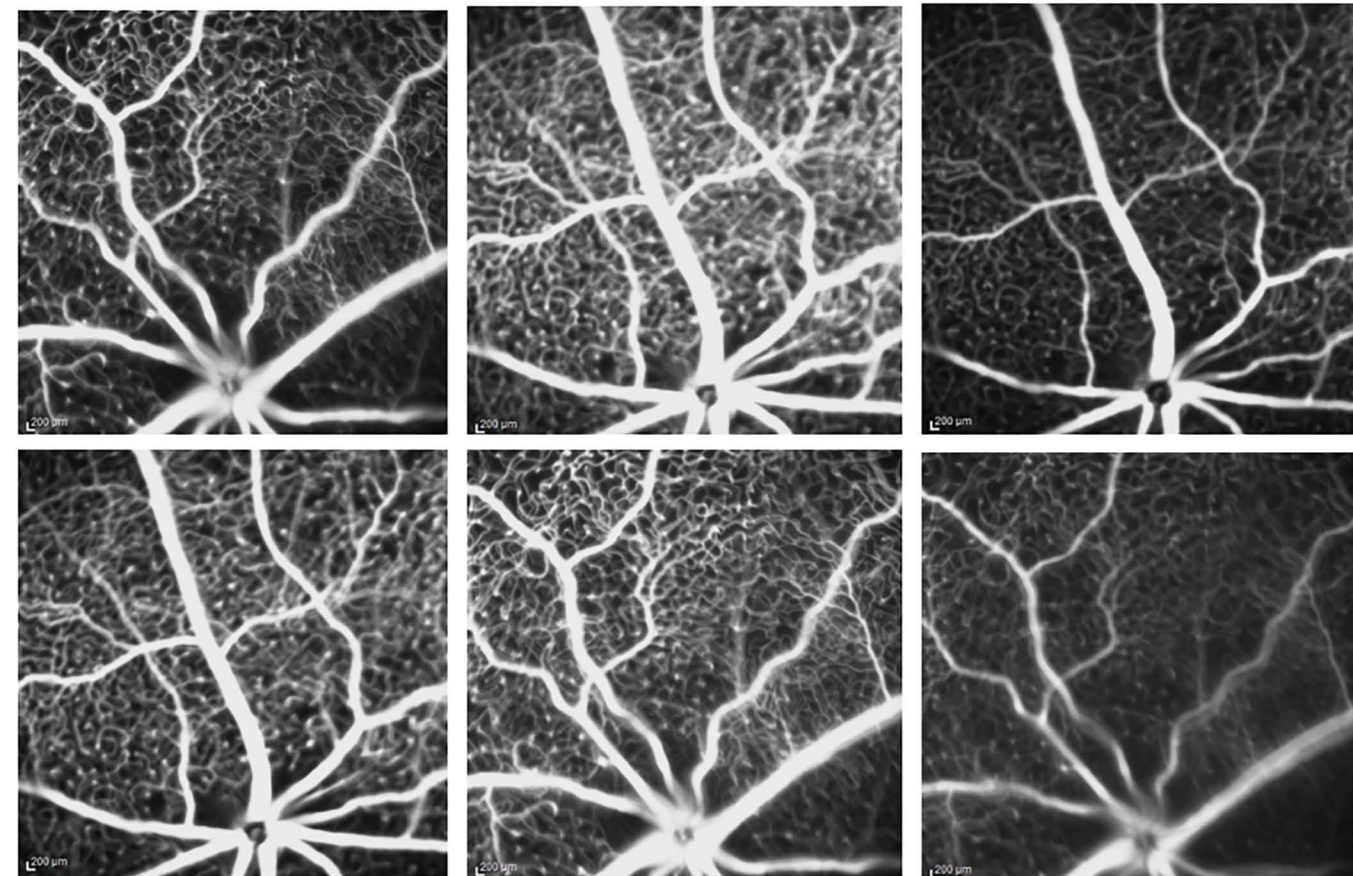


FigS3 3

5

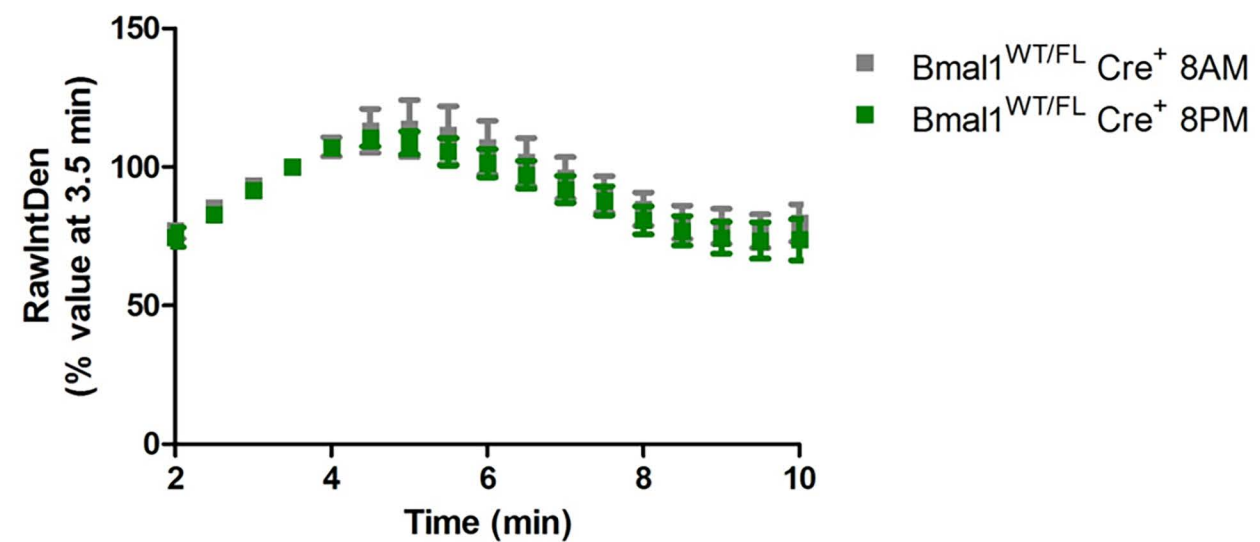
10

Time post-injection (min)



8 AM

8 PM



| Male n=11 | | | Female n=4 | | |
|-----------|-----------|----------|------------|-----------|------------|
| | Mean | Std Dev | | Mean | std dev |
| Age | 24.909 | 3.015113 | Age | 26.500 | 2.51661148 |
| Height | 181.000 | 6.557439 | Height | 158.000 | 6.92820323 |
| Weight | 83.000 | 17.49286 | Weight | 57.250 | 6.94622199 |
| Race | Caucasian | All | Race | Caucasian | 3 of 4 |
| | | | | Asian | 1 of 4 |

The basis for estimating chronotype is the Mid-Sleep Time on Free days (MSF) $MSF = SO_f + (SD_f)/2$; MSF is then corrected for "oversleep" on free days that subjects use to compensate the sleep debt accumulated during the workweek: $MSF_{sc} = MSF - (SD_f - SD_{week})/2$;

NOTE: These are in decimal time such that 10:30 is listed as 10.5

| MSFsc | PM time pre MSFsc | AM time post MSFsc |
|----------|-------------------|--------------------|
| 5.202 | 9.602 | 2.464 |
| 4.981 | 9.148 | 2.986 |
| 7.071 | 10.971 | 1.262 |
| 4.575 | 9.191 | 2.959 |
| 5.488 | 10.155 | 2.428 |
| 4.036 | 9.036 | 3.248 |
| 6.658 | 10.925 | 0.625 |
| 5.095 | 9.445 | 2.305 |
| 6.018 | 10.618 | 1.649 |
| 5.625 | 9.642 | 1.892 |
| 4.493 | 9.060 | 3.257 |
| 3.286 | 7.502 | 4.081 |
| 4.786 | 9.419 | 2.831 |
| 3.927 | 8.927 | 3.806 |
| 7.667 | 12.550 | 0.000 |
| Average: | | |
| 5.261 | 9.746 | 2.386 |
| STD Dev | | |
| 1.206 | 1.173 | 1.138 |