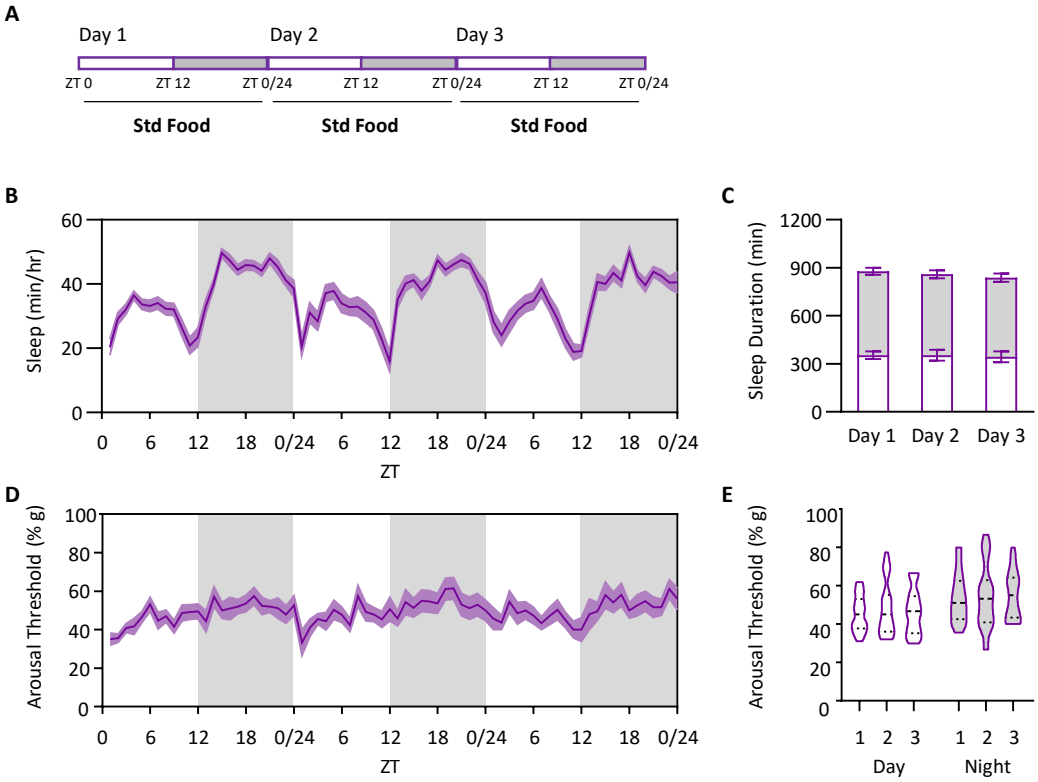
A
Day 1
Day 2
Day 3
ZT 0
ZT 12
ZT 0/24
ZT 12
ZT 0/24
ZT 12
ZT 0/24
Std Food
Std Food
Std Food
B
Sleep (min/hr)
60
40
20
0
0
6
12
18
0/24
6
12
18
0/24
6
12
18
0/24
ZT
C
Sleep Duration (min)
1200
900
600
300
0
Day 1
Day 2
Day 3
D
Arousal Threshold (% g)
100
80
60
40
20
0
0
6
12
18
0/24
6
12
18
0/24
6
12
18
0/24
ZT
E
Arousal Threshold (% g)
100
80
60
40
20
0
1
2
3
1
2
3
Day
Night