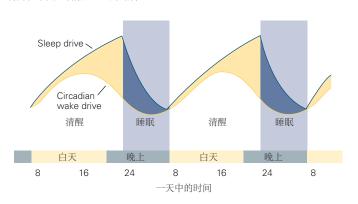
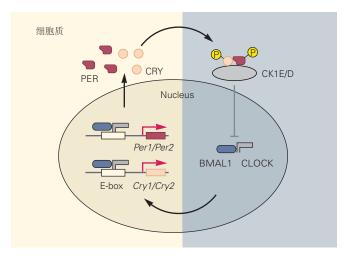
## A 有灯光提示的清醒-睡眠周期



## B 清醒-睡眠周期的遗传时钟



## C 无光提示的清醒-睡眠周期

