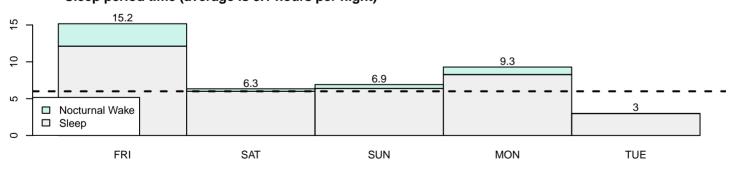
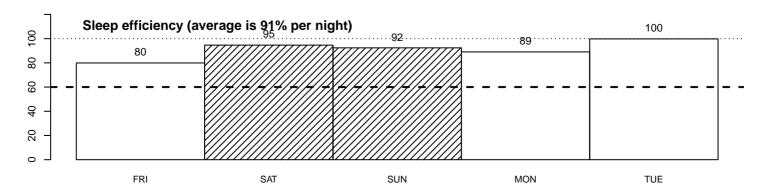


Sleep period time (average is 8.1 hours per night)





noon

2pm

4pm

6pm

8pm

10pm

midnight

midnight

2am

4am

6am

8am