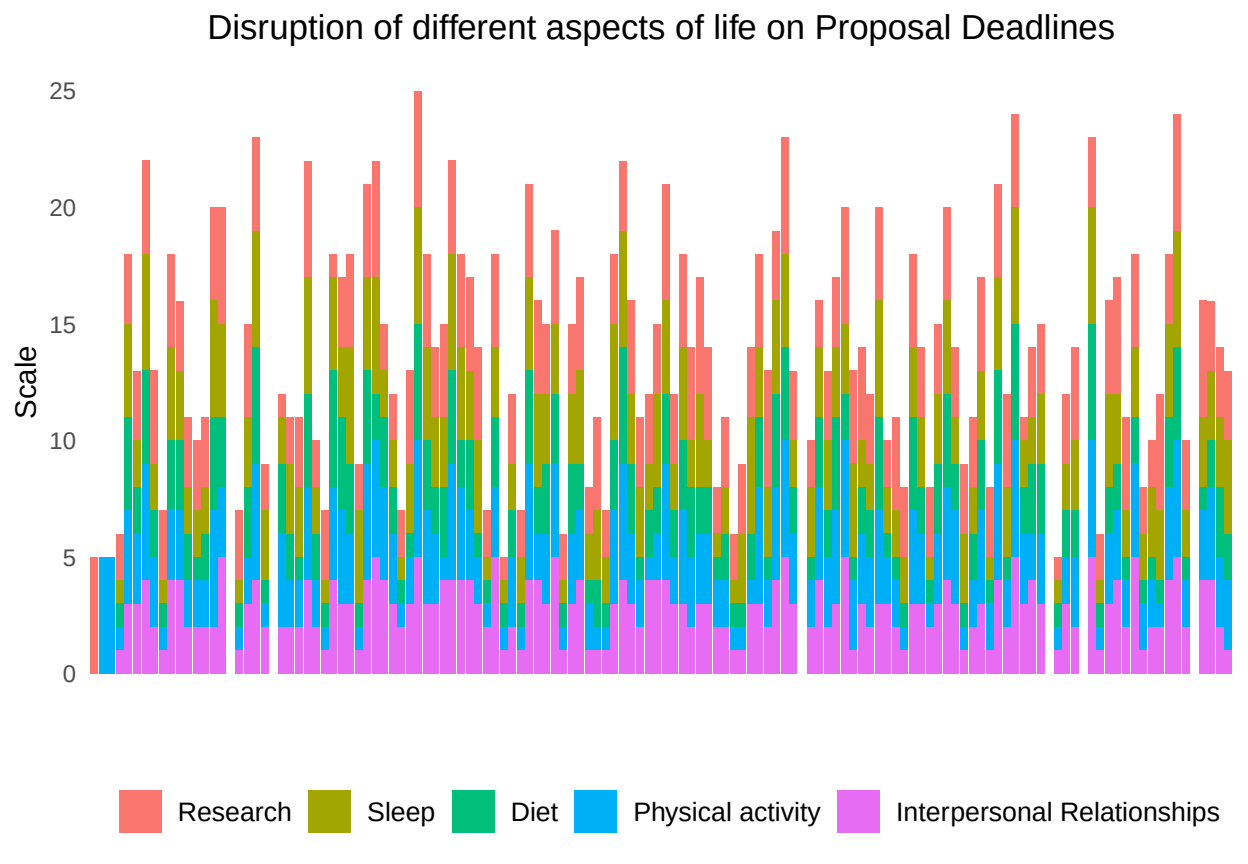
Disruption of different aspects of life on Proposal Deadlines
Scale
25
20
15
10
5
0
Research
Sleep
Diet
Physical activity
Interpersonal Relationships