

Immediate groups

Delay groups

AM-Control Group

PM-Control Group

Wake Group

Sleep Group

9AM Start

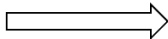
9PM Start

9AM Start

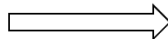
9PM Start

Study Phase

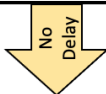
Stanford Sleepiness Scale (SSS)



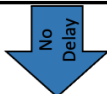
Language/Attention Check



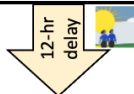
View 20 DRM wordlists



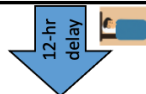
9AM Test



9PM Test



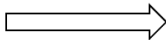
9PM Test



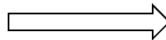
9AM Test

Test Phase

SSS



Survey



Free recall