

Immediate Groups

Delay Groups

AM-Control Group

PM-Control Group

Wake Group

Sleep Group

9AM Start

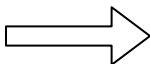
9PM Start

9AM Start

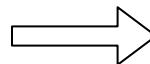
9PM Start

Study Phase

Stanford Sleepiness Scale (SSS)



Language/Attention Check



View 20 DRM wordlists

No
Delay

9AM Test

No
Delay

9PM Test

12-hr
Delay

9PM Test



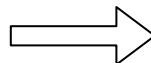
12-hr
Delay

9AM Test

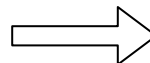


Test Phase

SSS



Survey



Free Recall