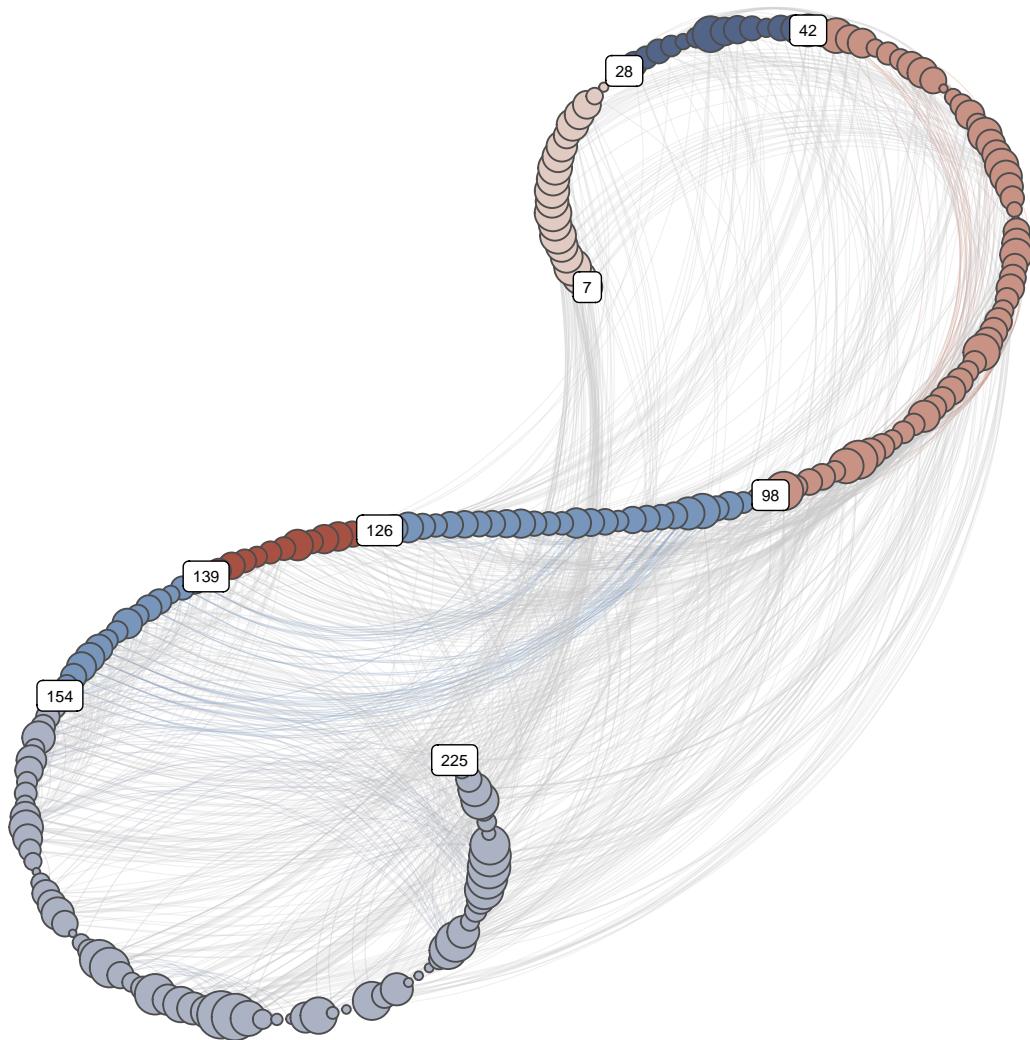


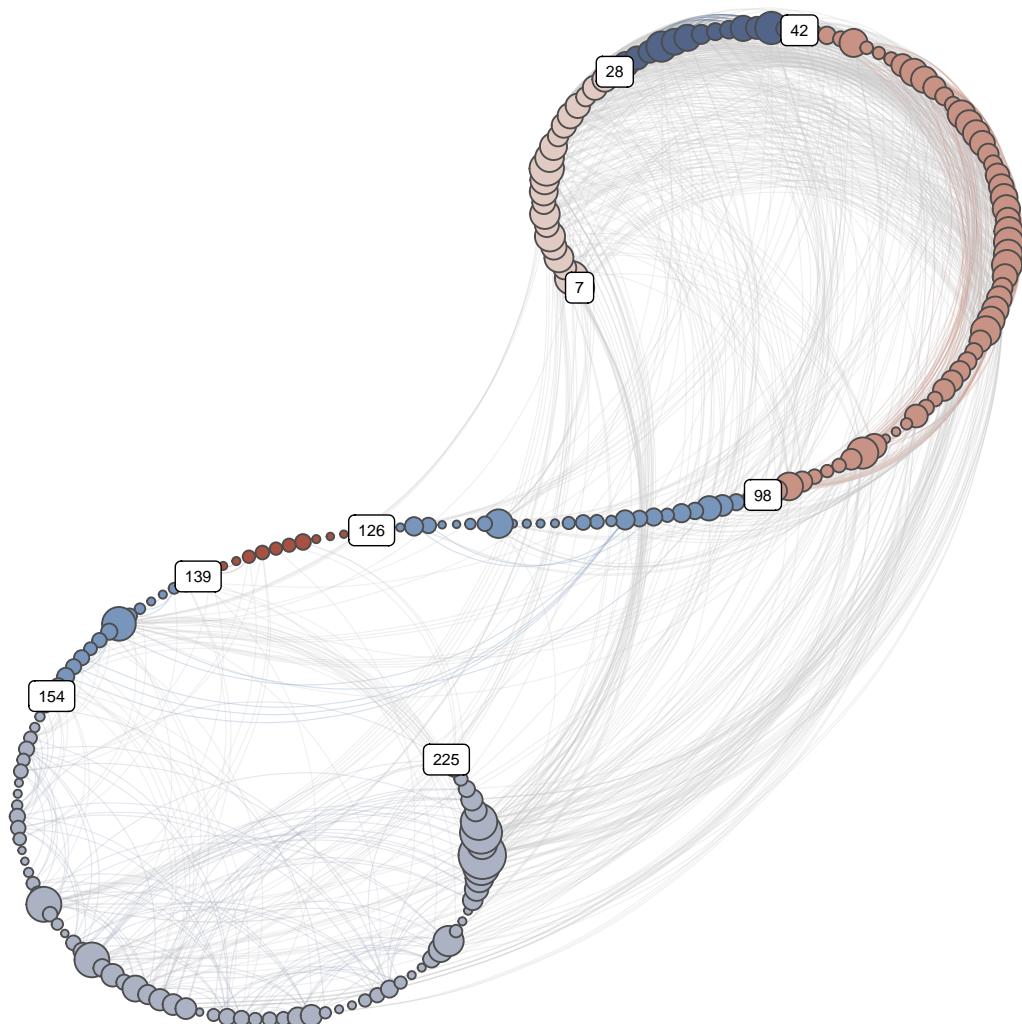
Phase of experiment [variable: "I feel relaxed"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



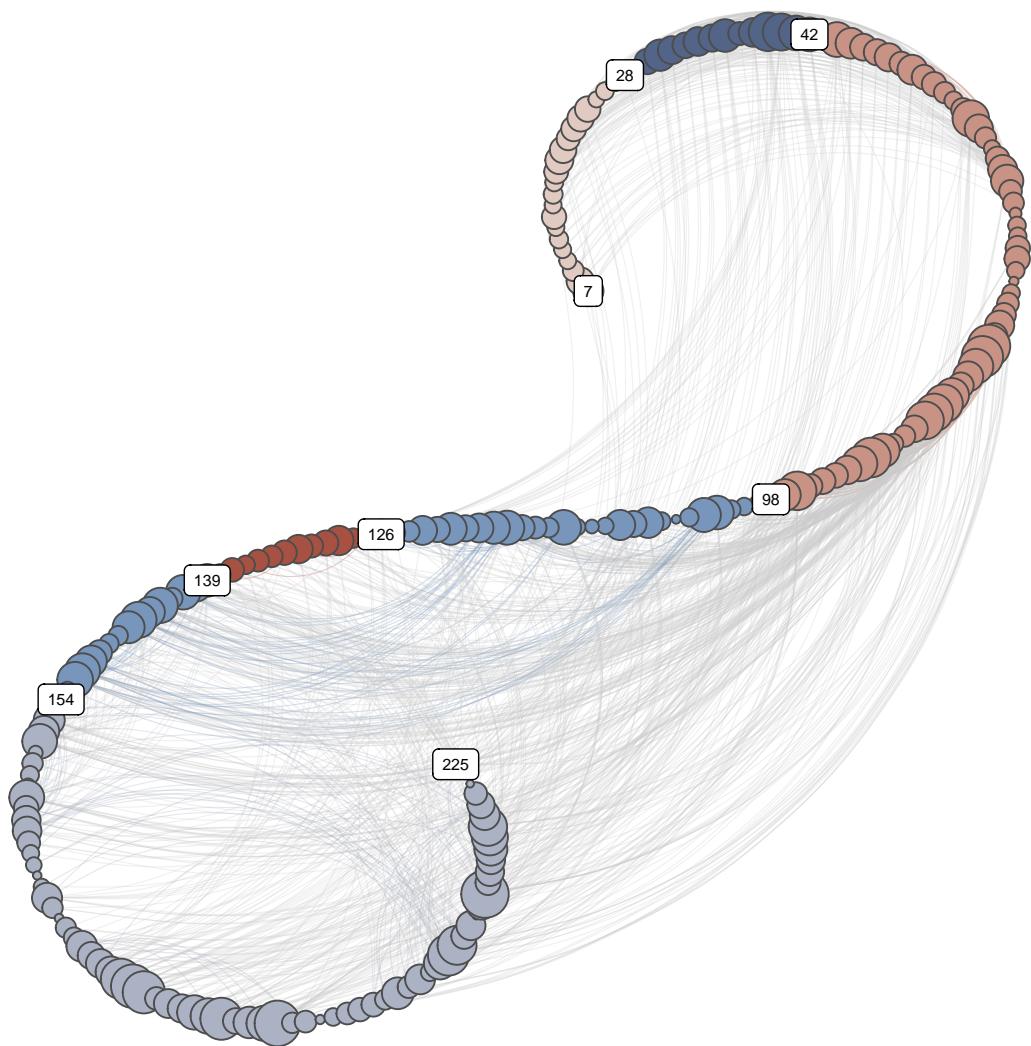
Phase of experiment [variable: "I feel down"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



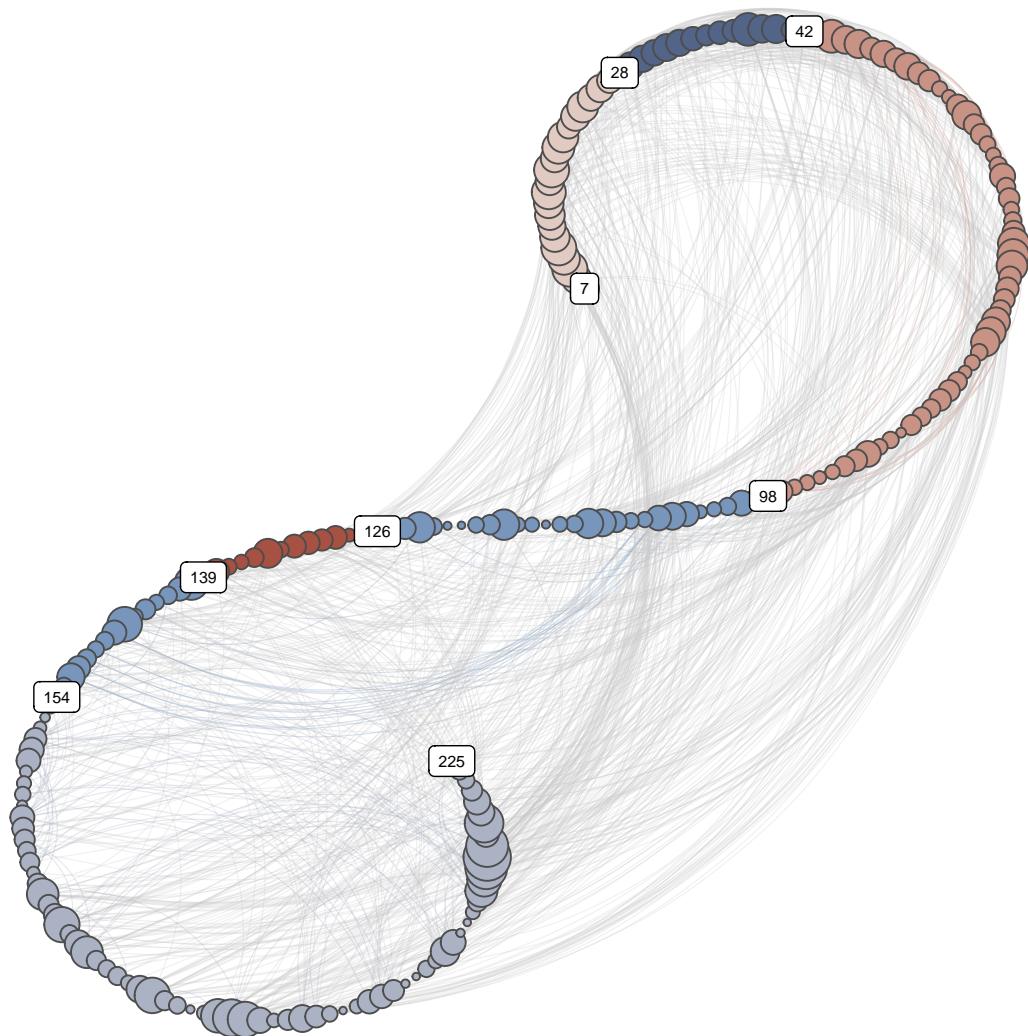
Phase of experiment [variable: "I feel irritated"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



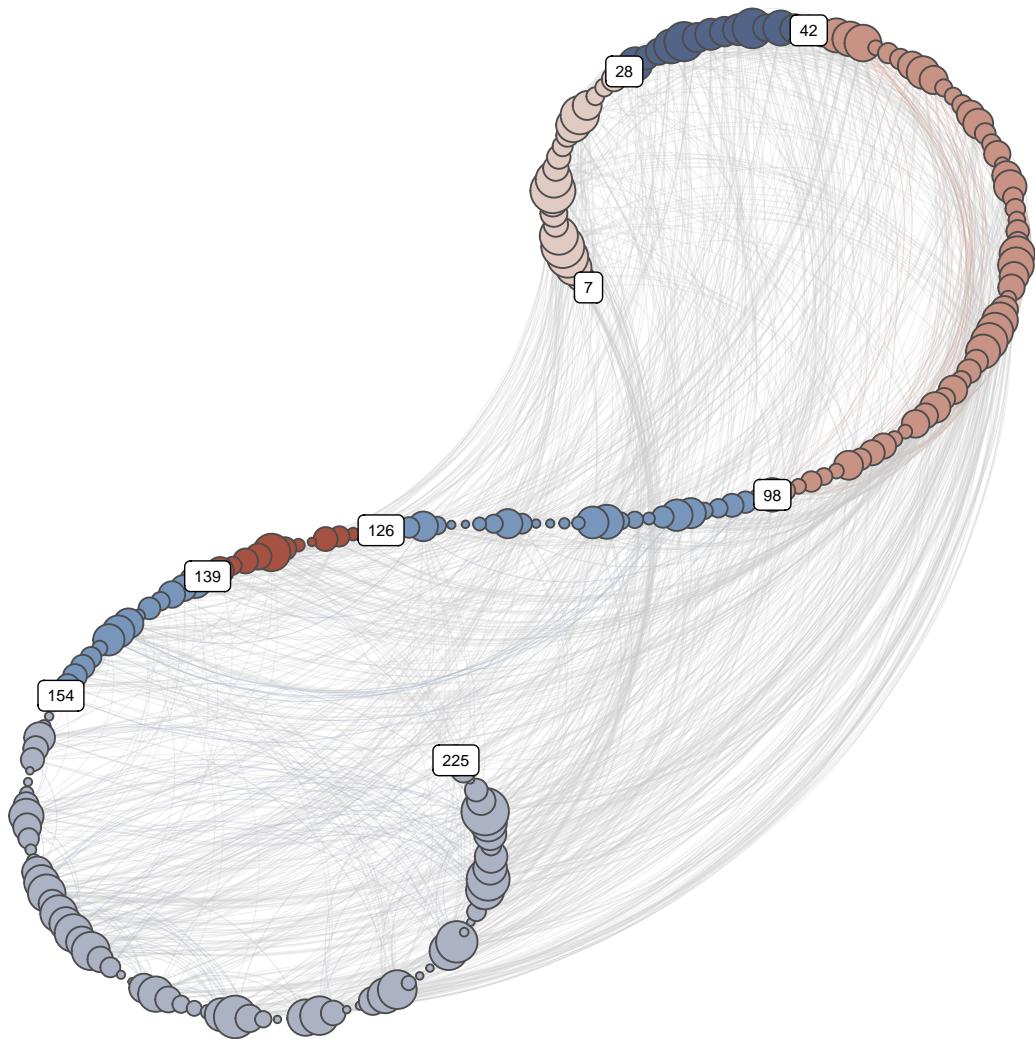
Phase of experiment [variable: "I feel satisfied"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



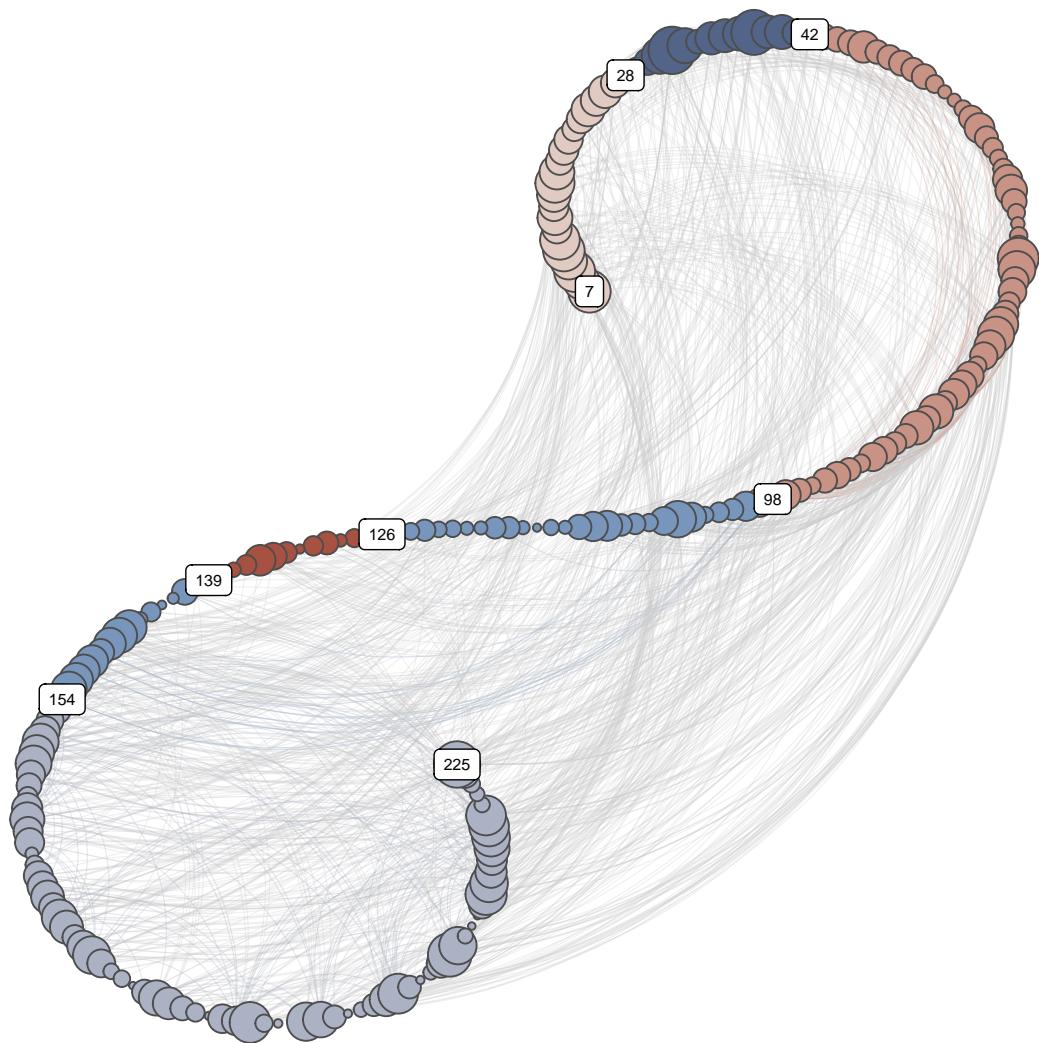
Phase of experiment [variable: "I feel enthusiastic"]

- (light pink circle) baseline assessment
- (dark blue circle) start double blind period
- (brown circle) start actual reduction
- (dark blue circle) post reduction (planned)
- (brown circle) critical transition
- (grey circle) post reduction (additional)



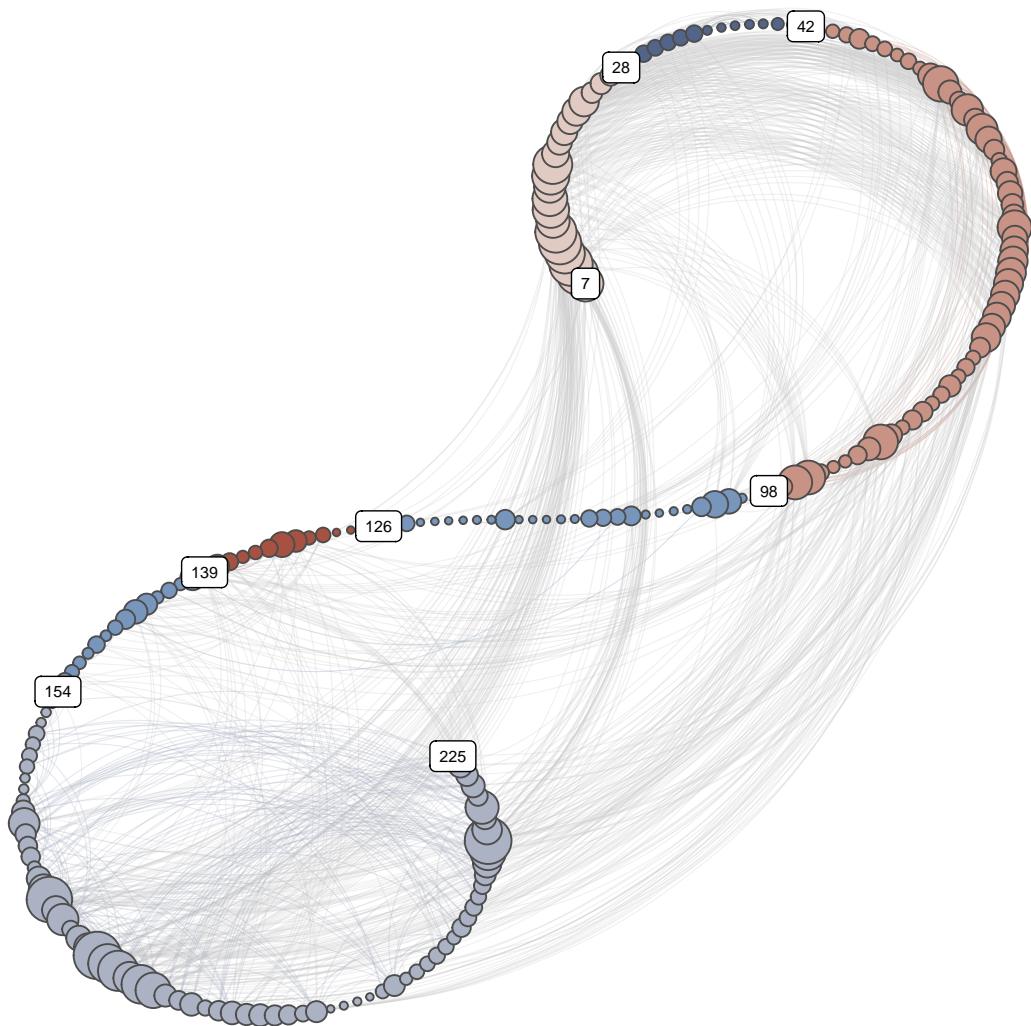
Phase of experiment [variable: "I feel cheerful"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



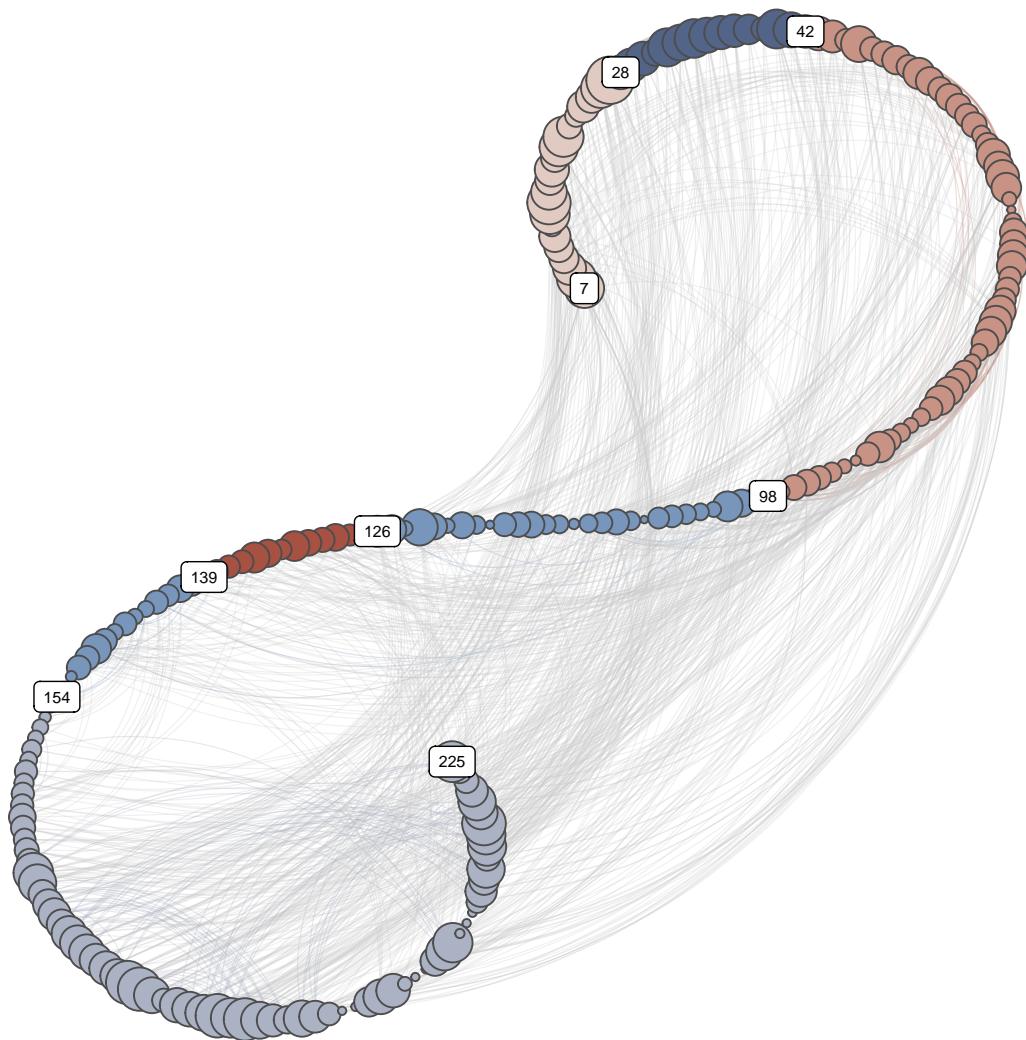
Phase of experiment [variable: "I feel guilty"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



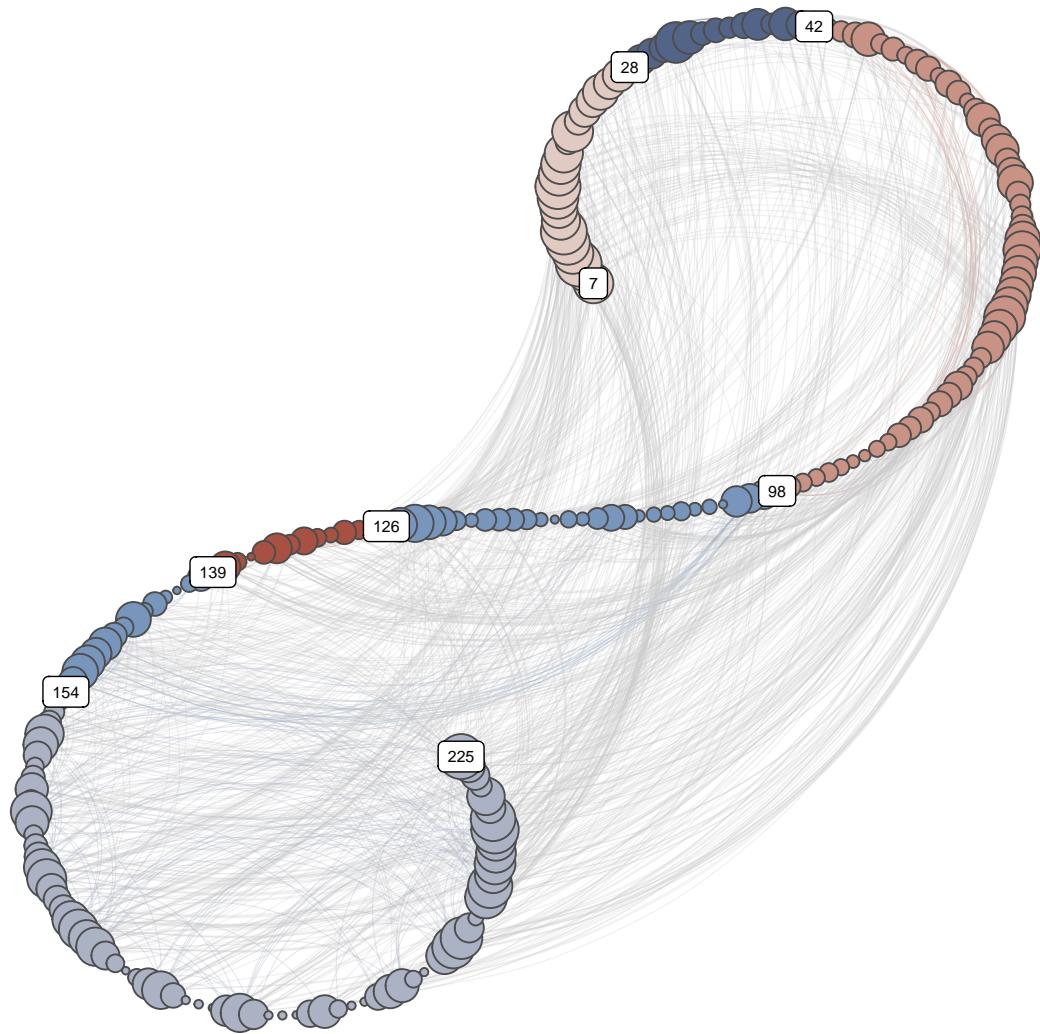
Phase of experiment [variable: "I feel indecisive"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



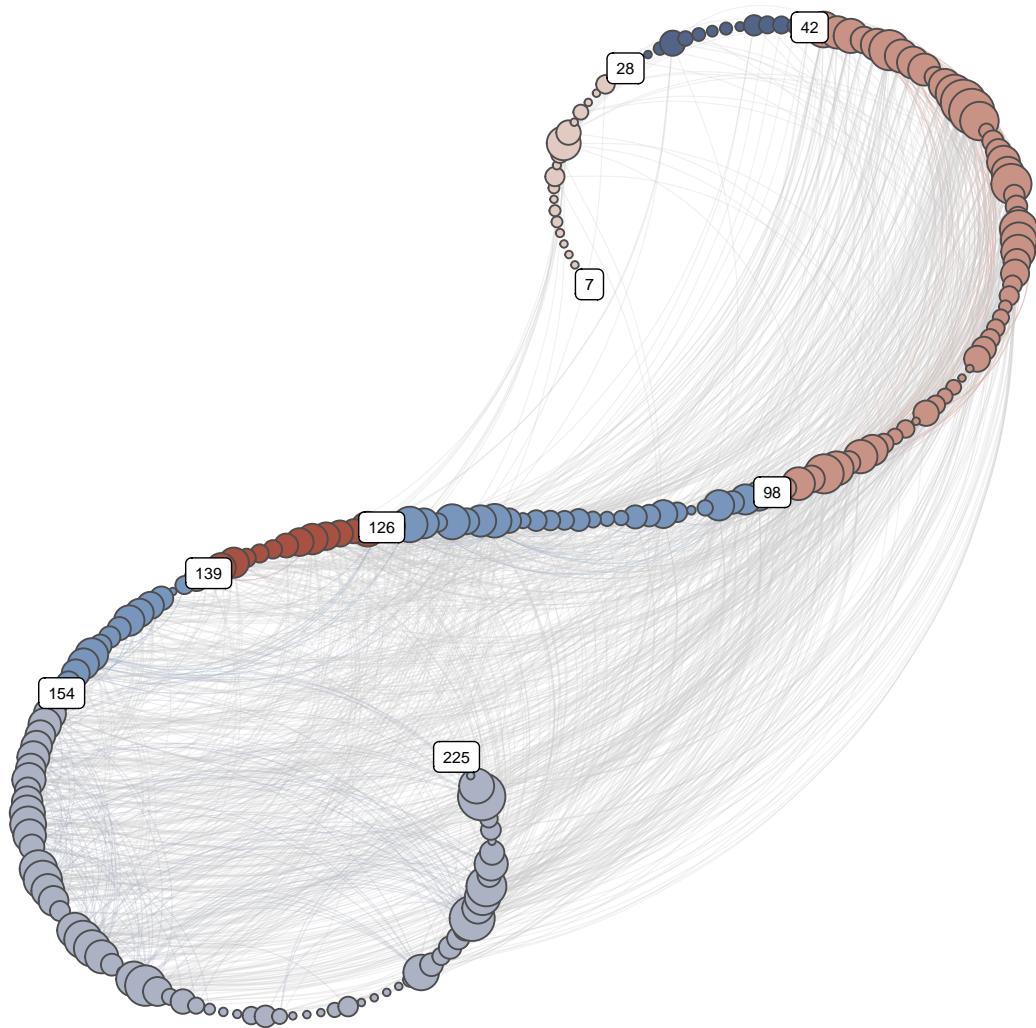
Phase of experiment [variable: "I feel strong"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



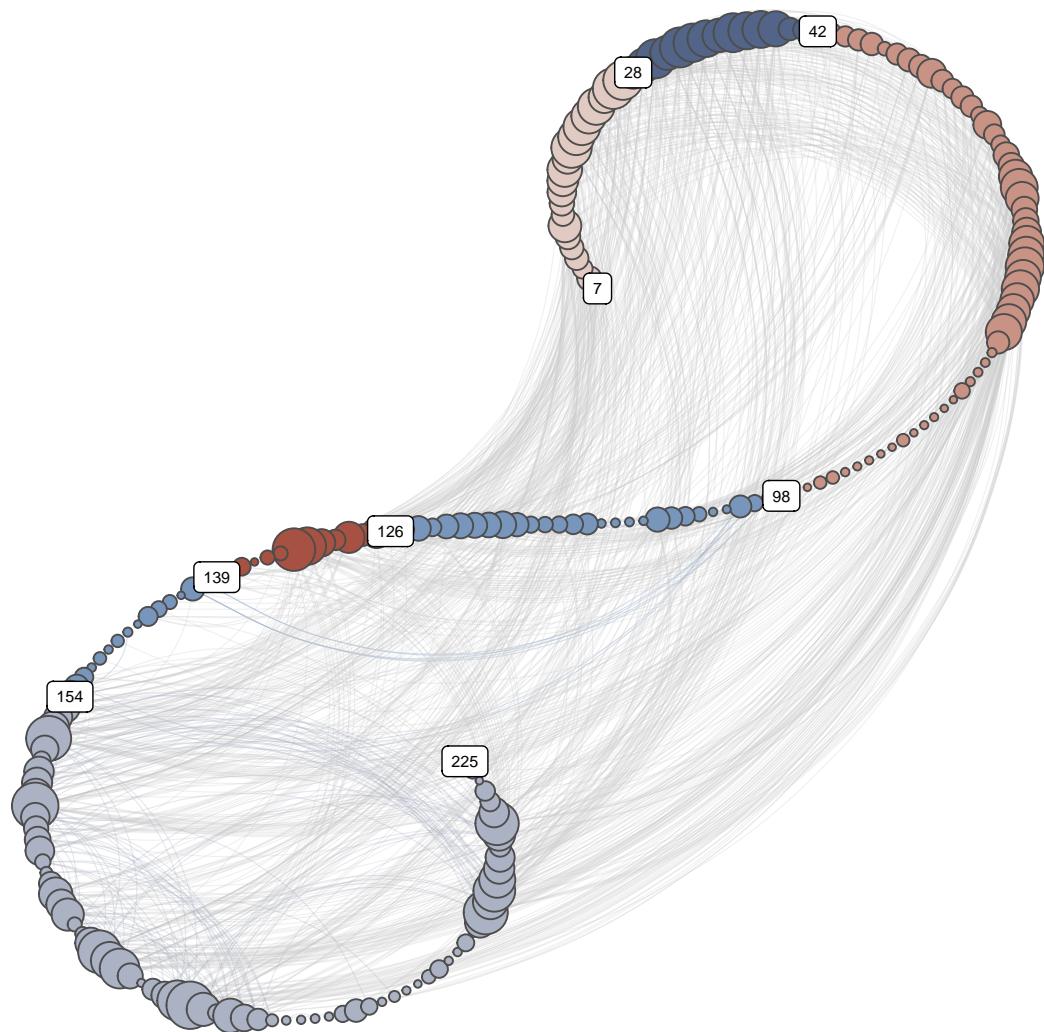
Phase of experiment [variable: "I am hungry."]

- (light pink circle) baseline assessment
- (dark blue circle) start double blind period
- (brown circle) start actual reduction
- (medium blue circle) post reduction (planned)
- (dark red circle) critical transition
- (grey circle) post reduction (additional)



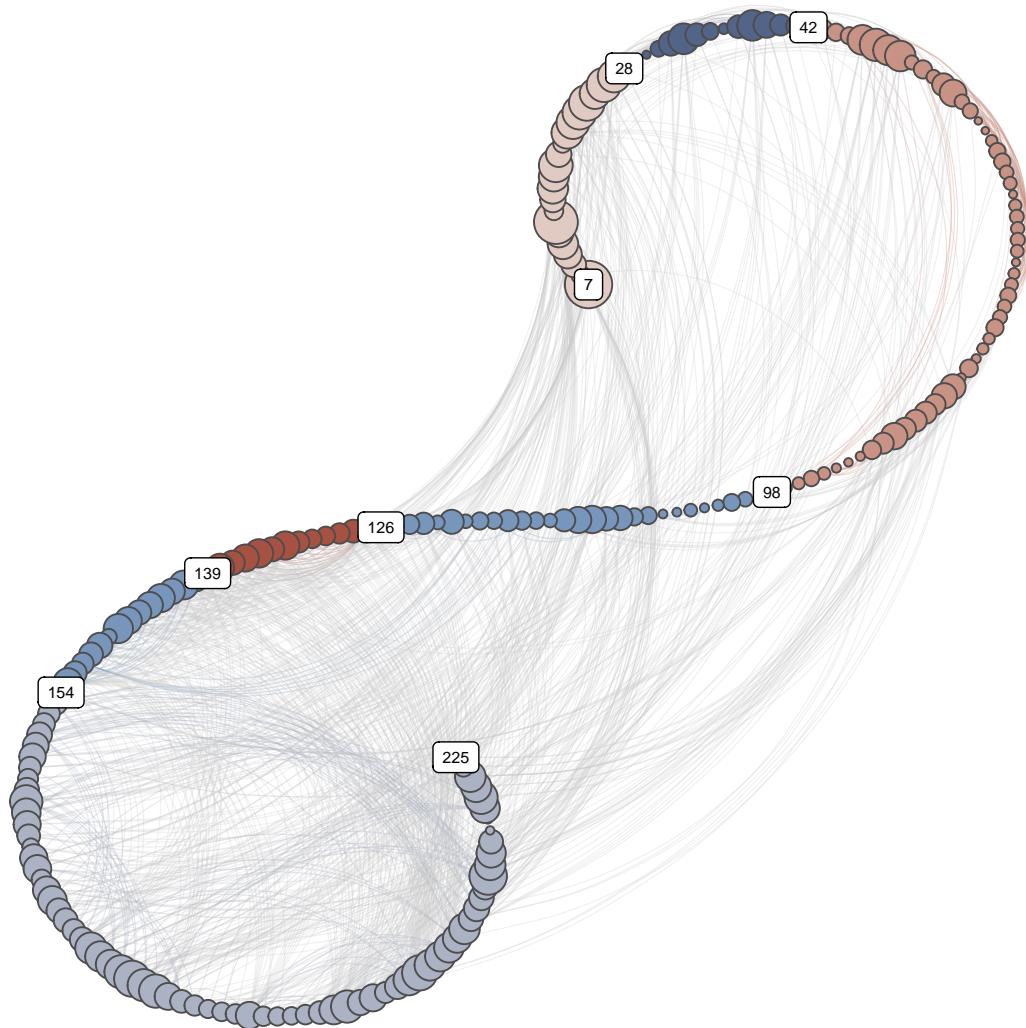
Phase of experiment [variable: "I am in pain."]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



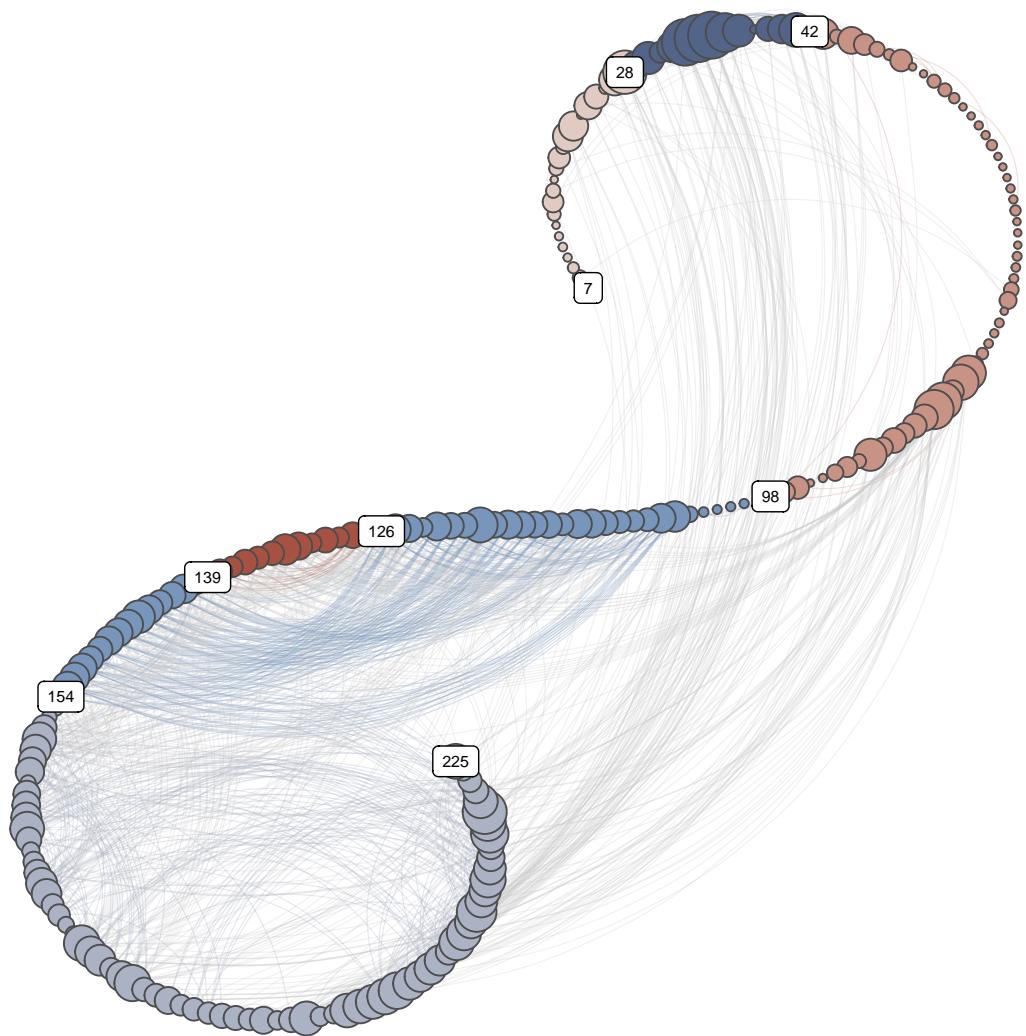
Phase of experiment [variable: "I have a headache."]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



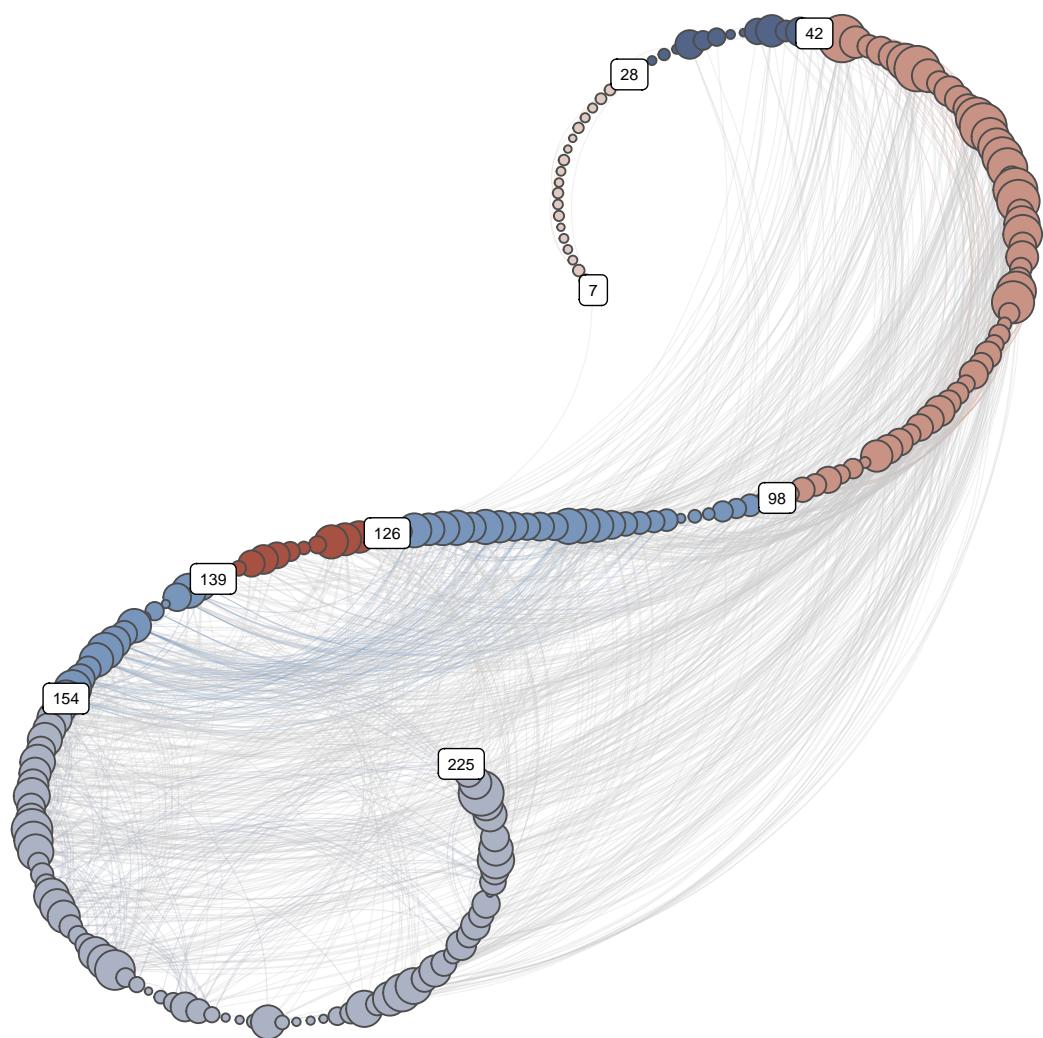
Phase of experiment [variable: "I am sleepy."]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



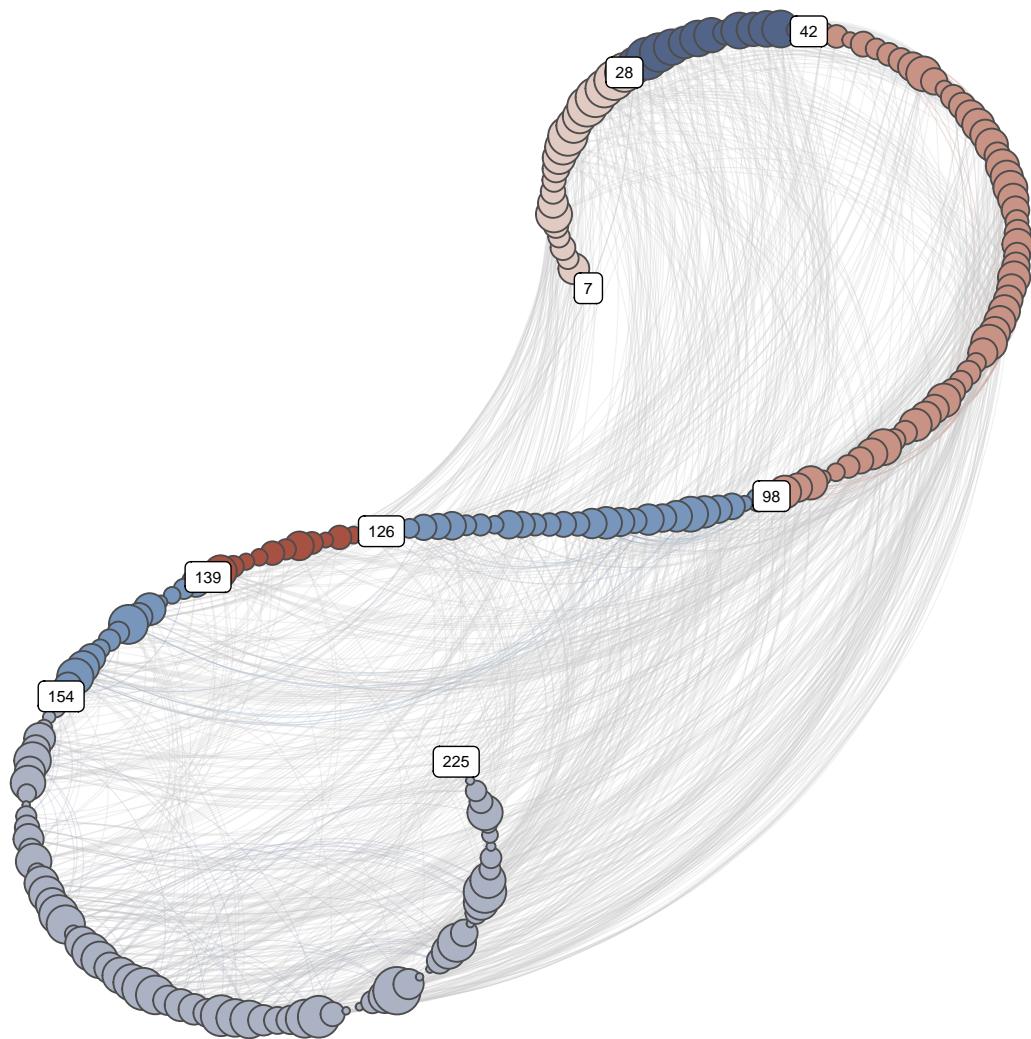
Phase of experiment [variable: "From the last beep onwards I was physically active"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



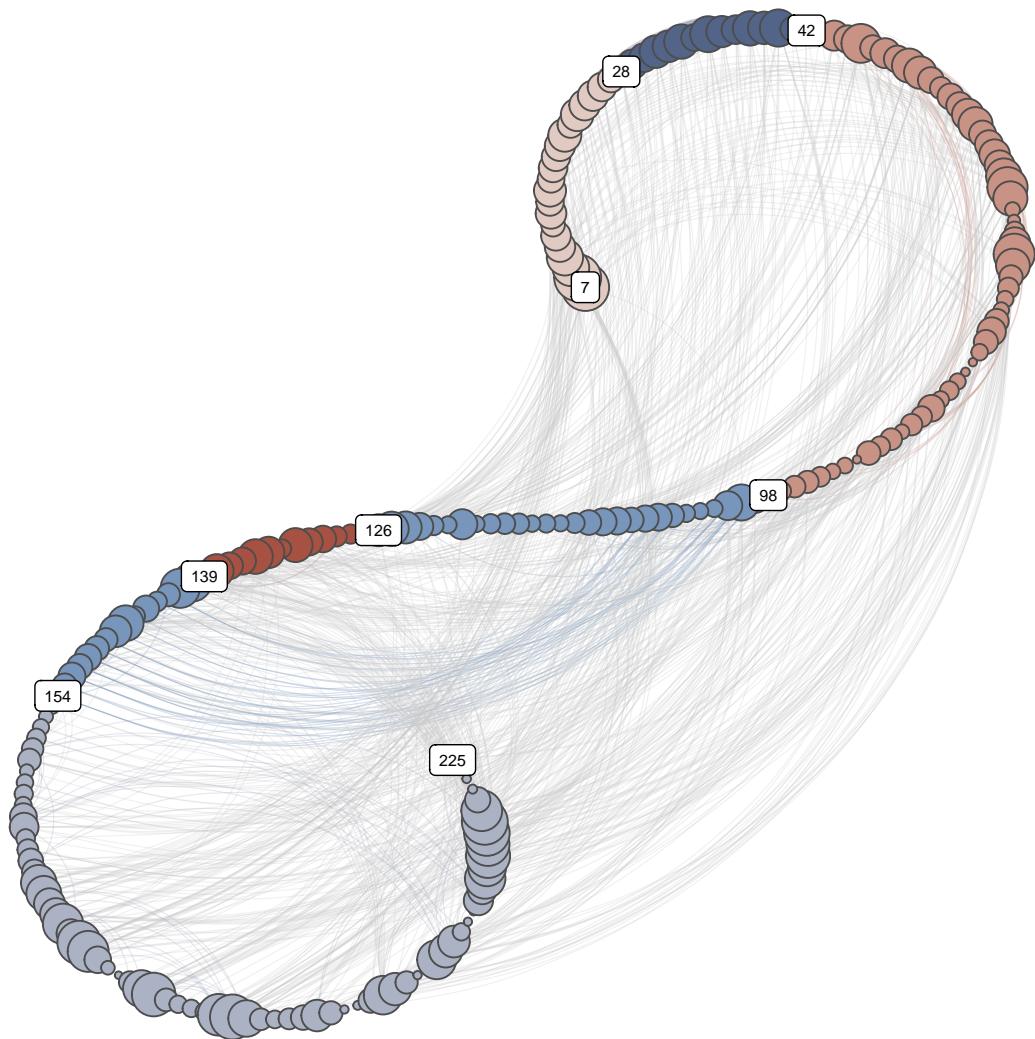
Phase of experiment [variable: "I like myself"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



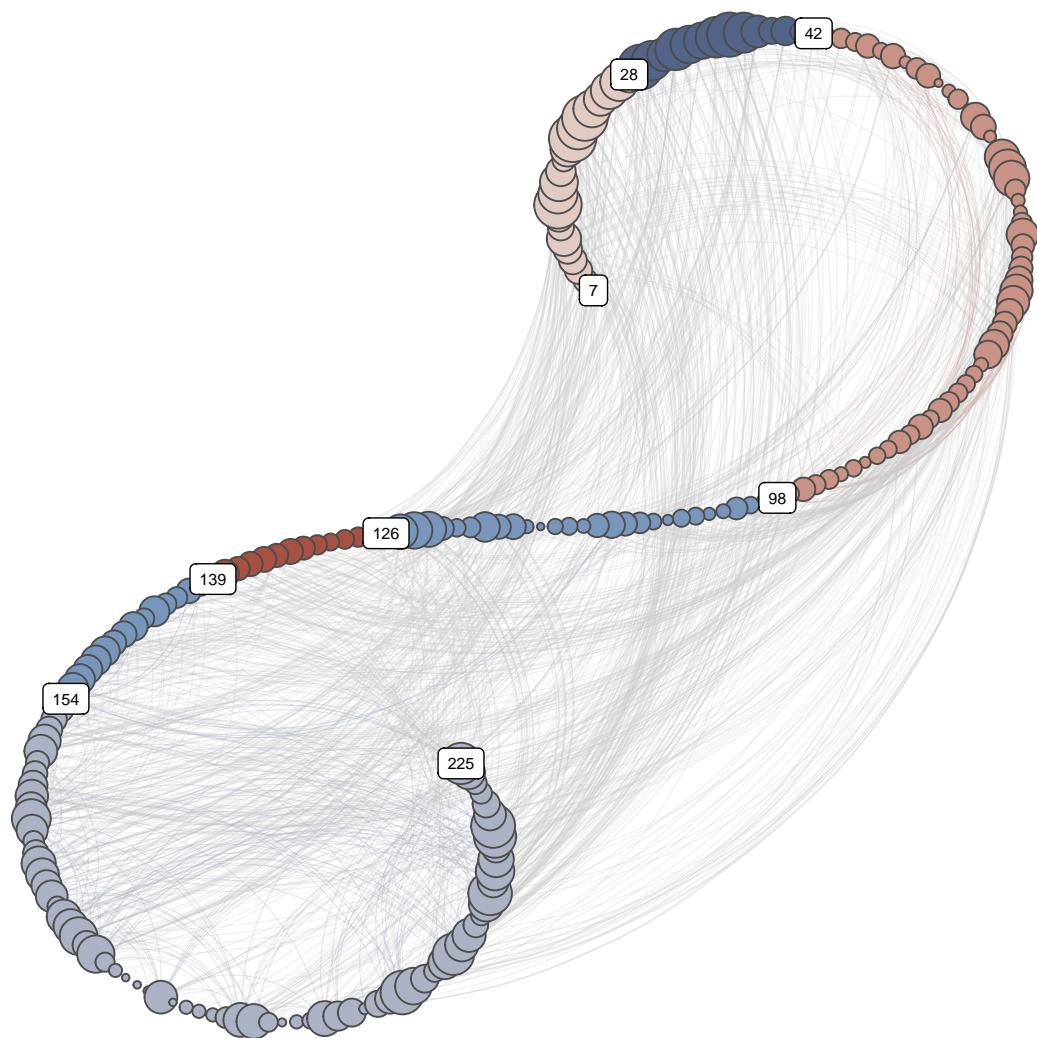
Phase of experiment [variable: "I doubt myself"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



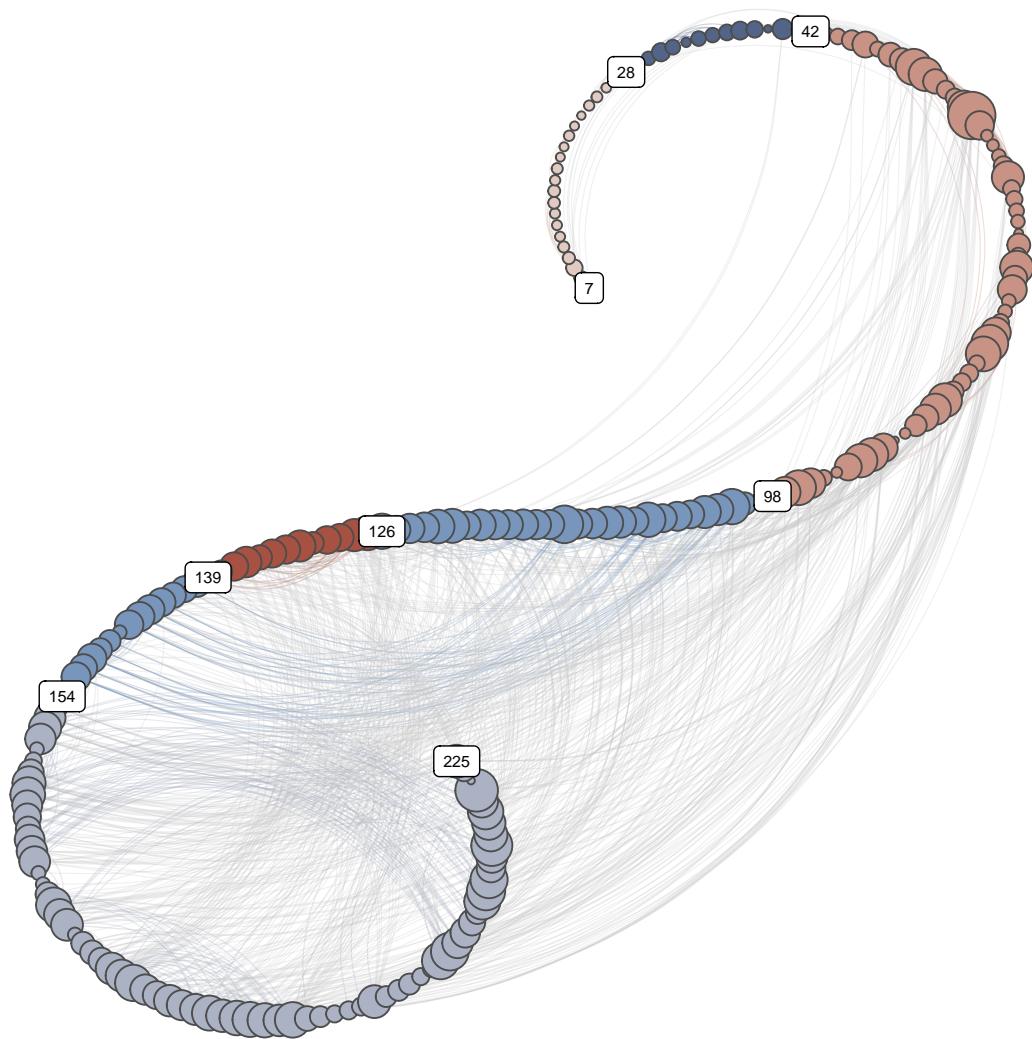
Phase of experiment [variable: "I can handle anything"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



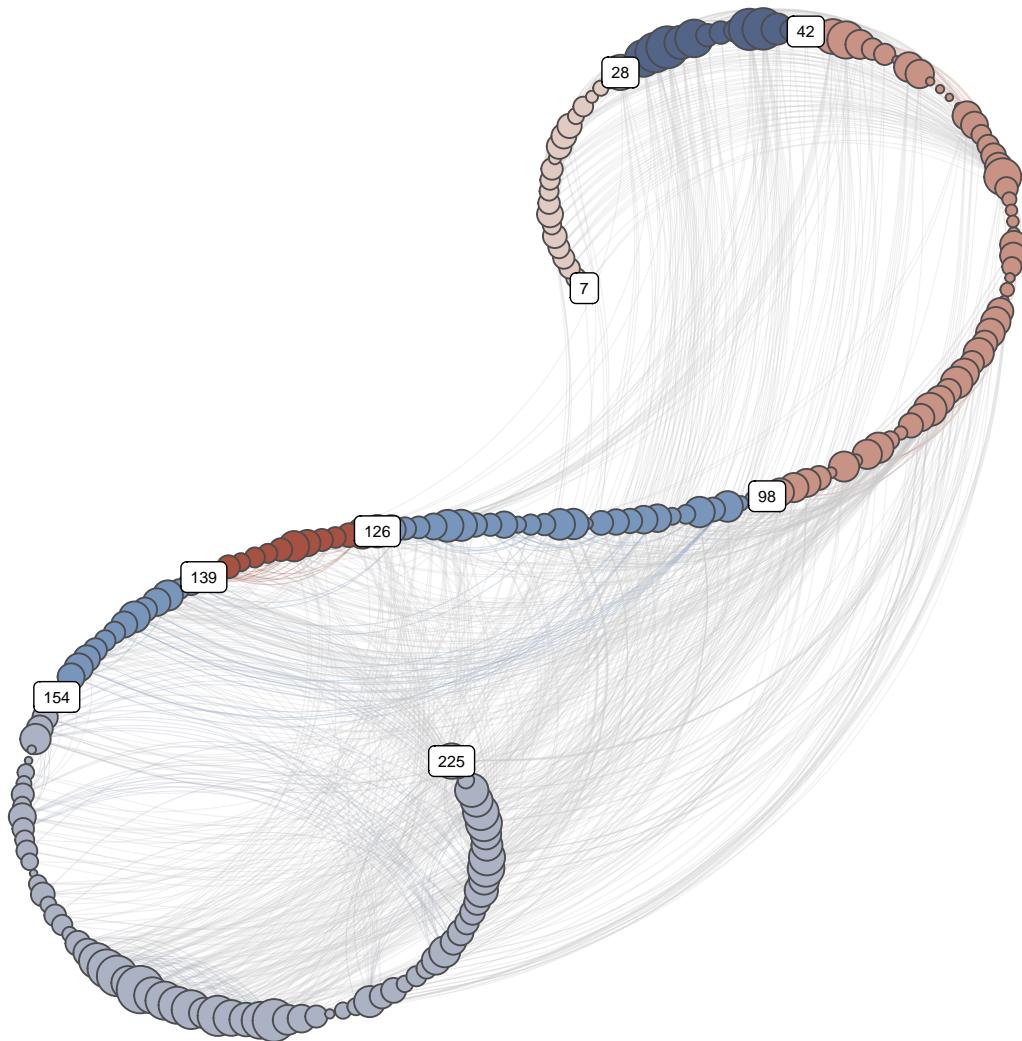
Phase of experiment [variable: "I feel restless"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



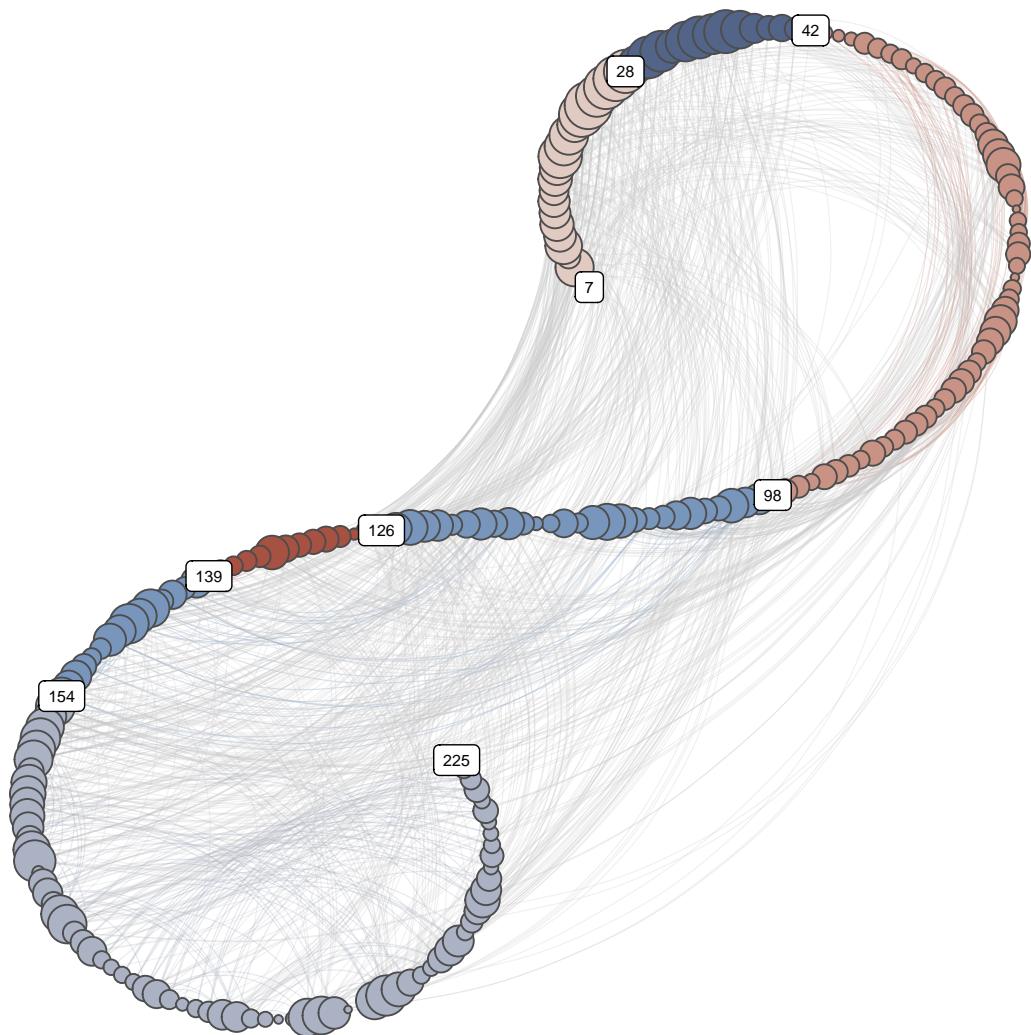
Phase of experiment [variable: "I feel agitated"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



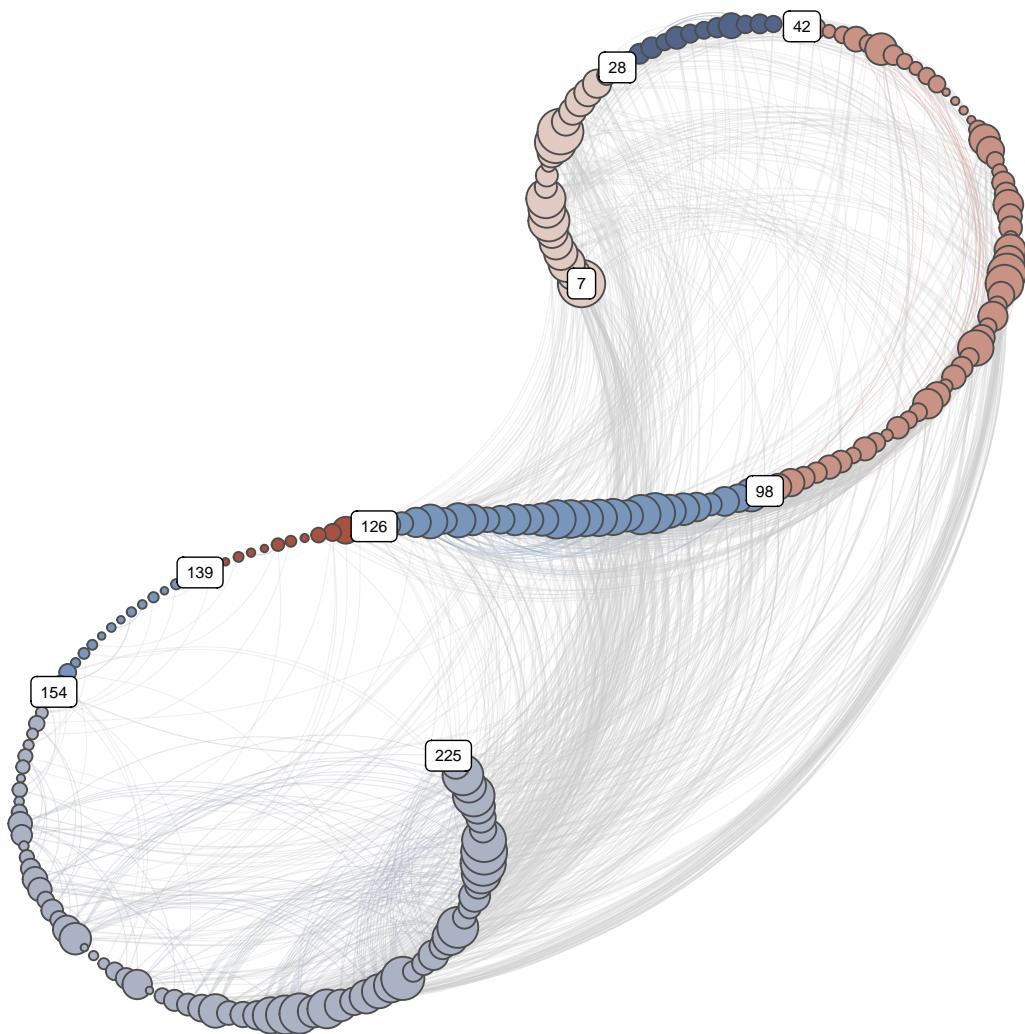
Phase of experiment [variable: "I can concentrate well"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



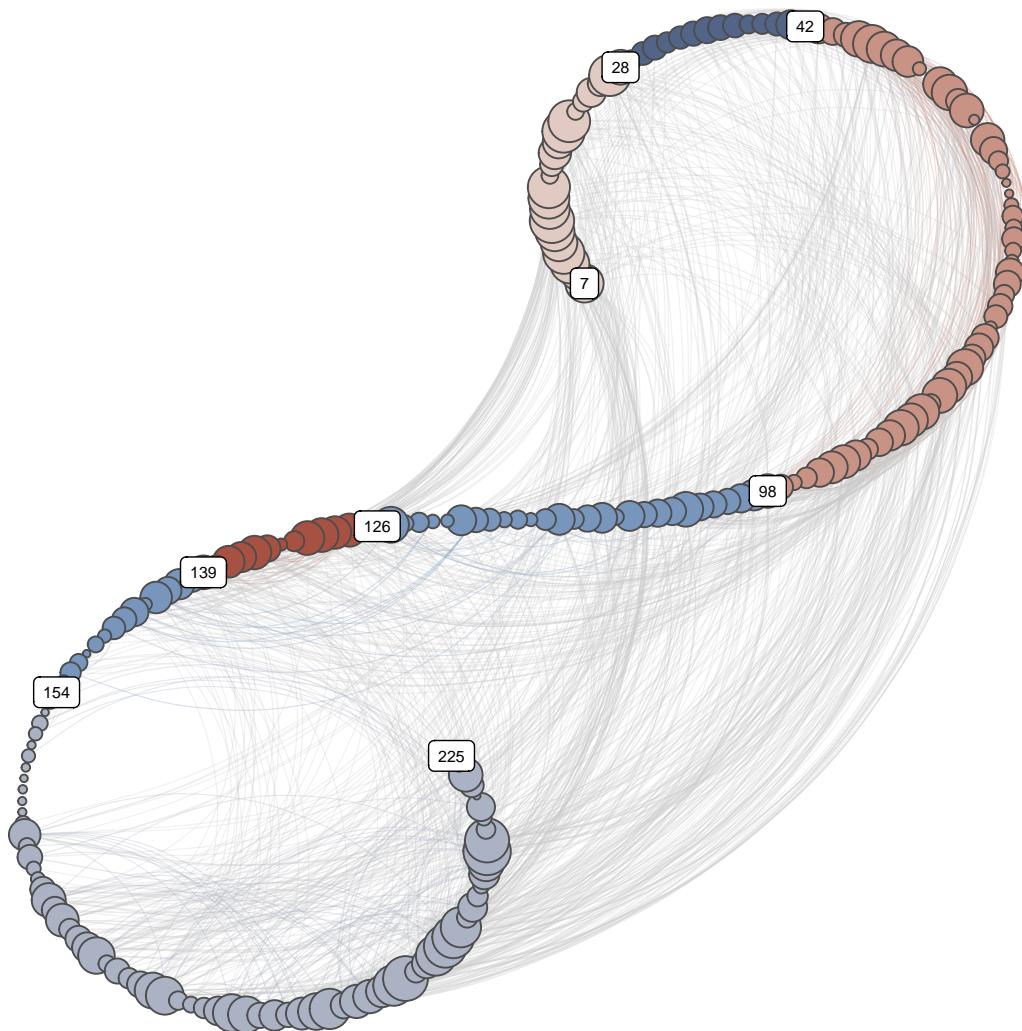
Phase of experiment [variable: "How long did it take me to fall asleep last night?"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



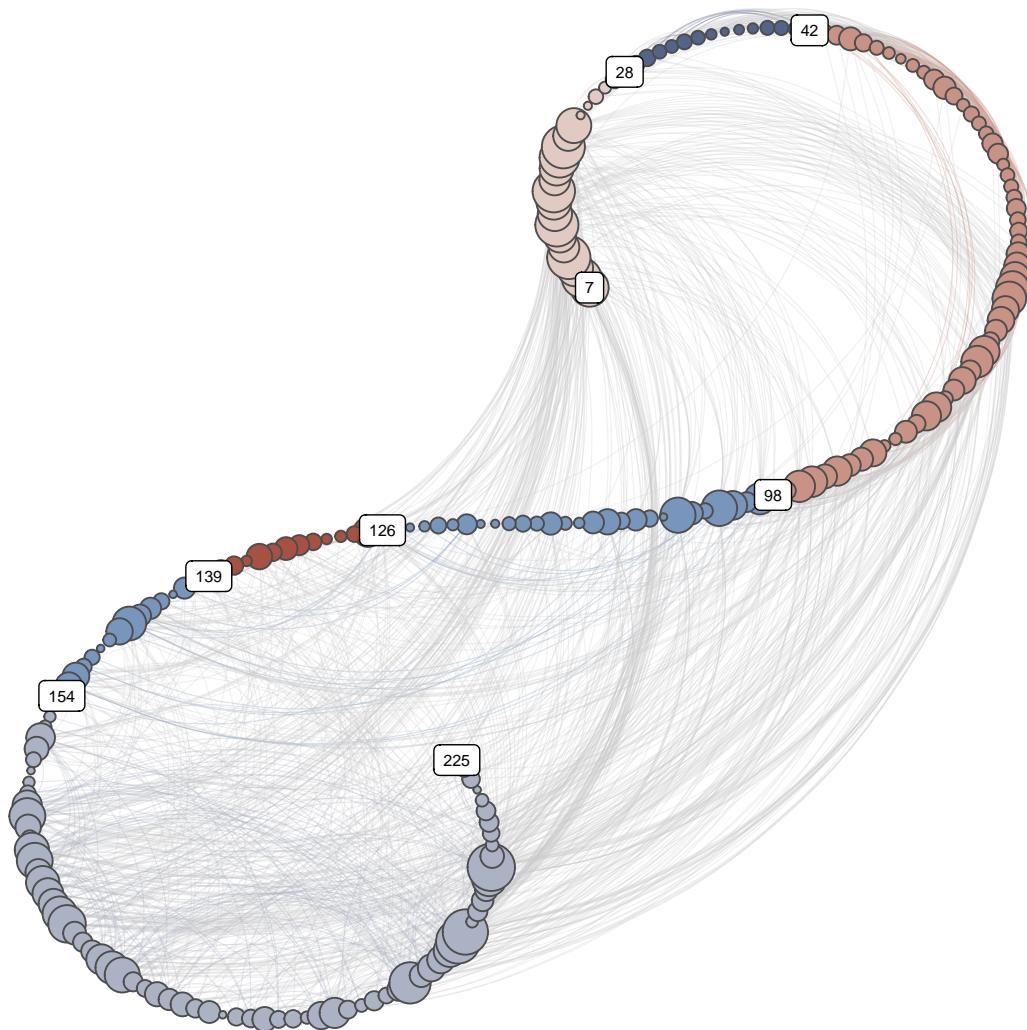
Phase of experiment [variable: "How often did I wake up last night?"]

- (light pink circle) baseline assessment
- (dark blue circle) start double blind period
- (brown circle) start actual reduction
- (medium blue circle) post reduction (planned)
- (dark red circle) critical transition
- (light grey circle) post reduction (additional)



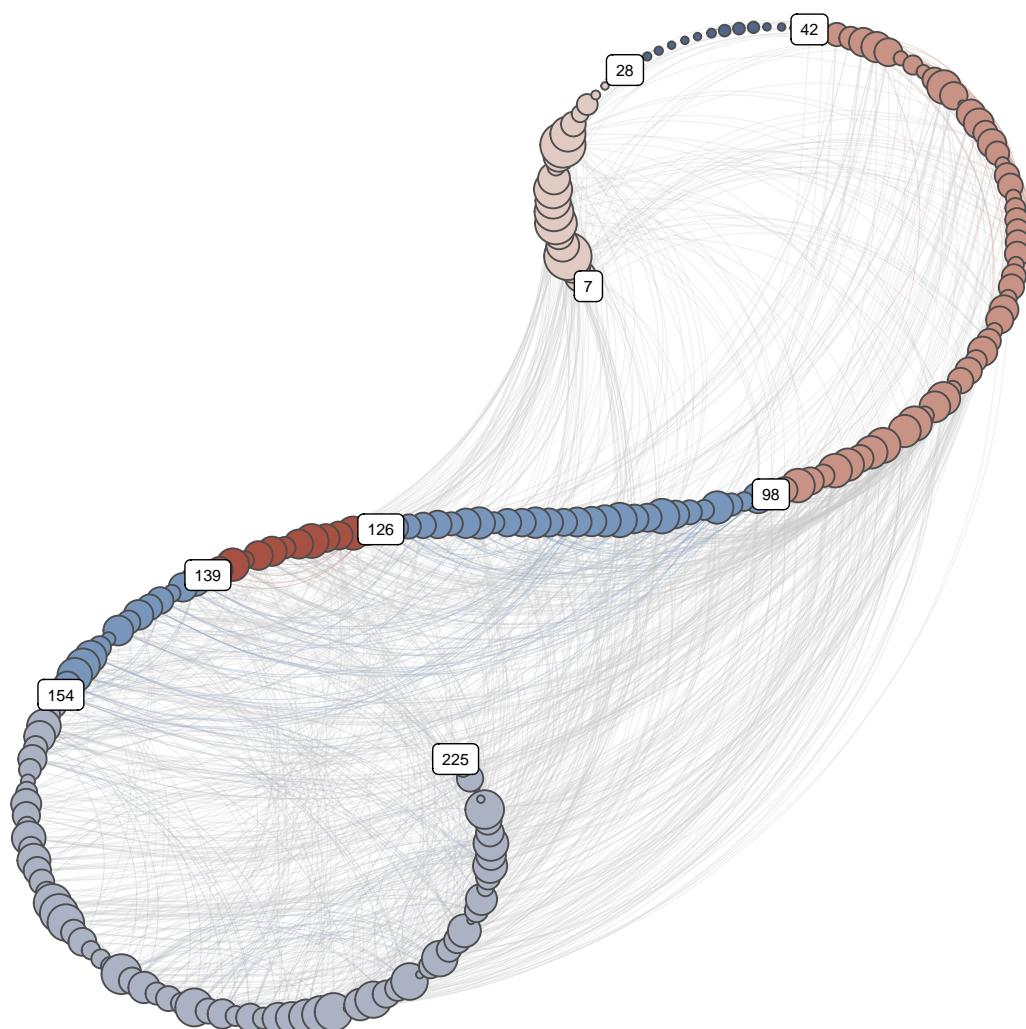
Phase of experiment [variable: "How long did I lie awake this morning before I got up?"]

- (light pink circle) baseline assessment
- (dark blue circle) start double blind period
- (brown circle) start actual reduction
- (medium blue circle) post reduction (planned)
- (dark red circle) critical transition
- (grey circle) post reduction (additional)



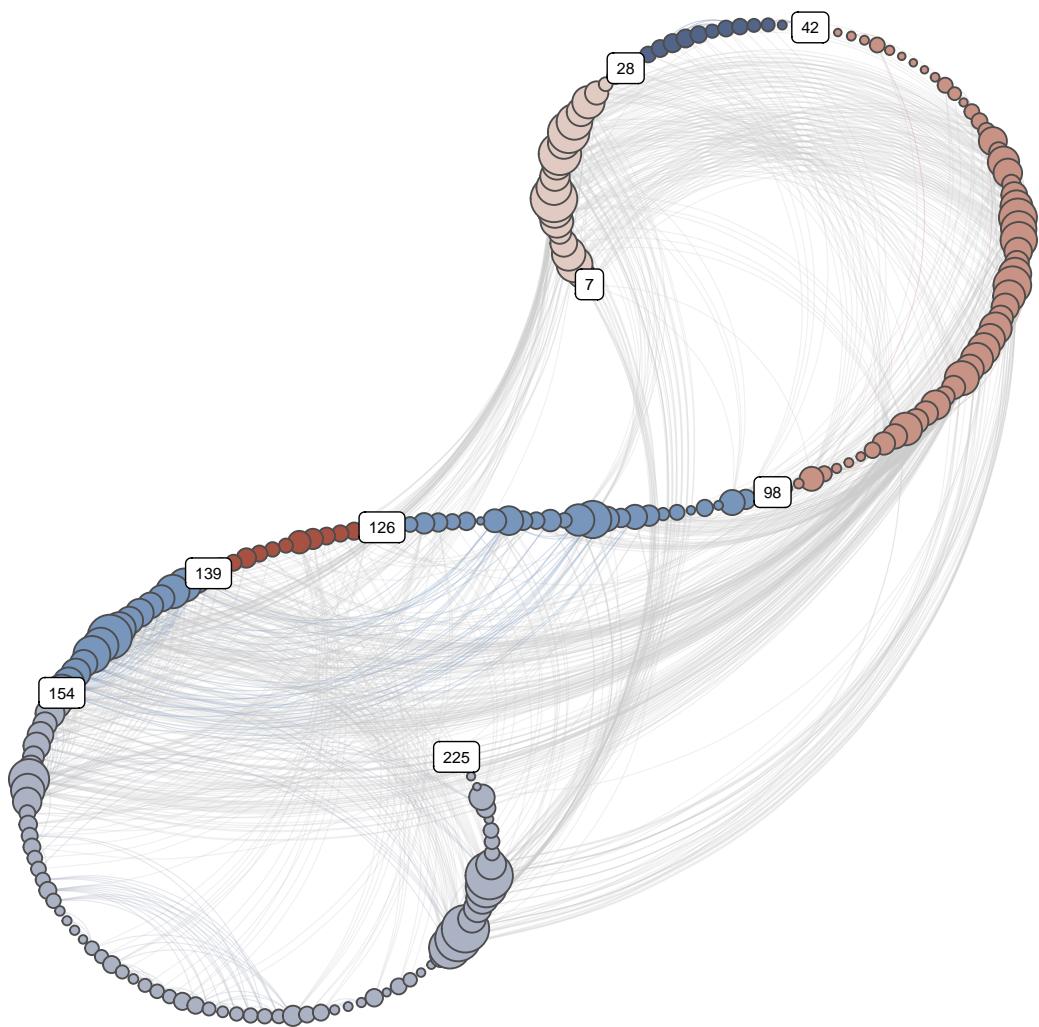
Phase of experiment [variable: "I slept well"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



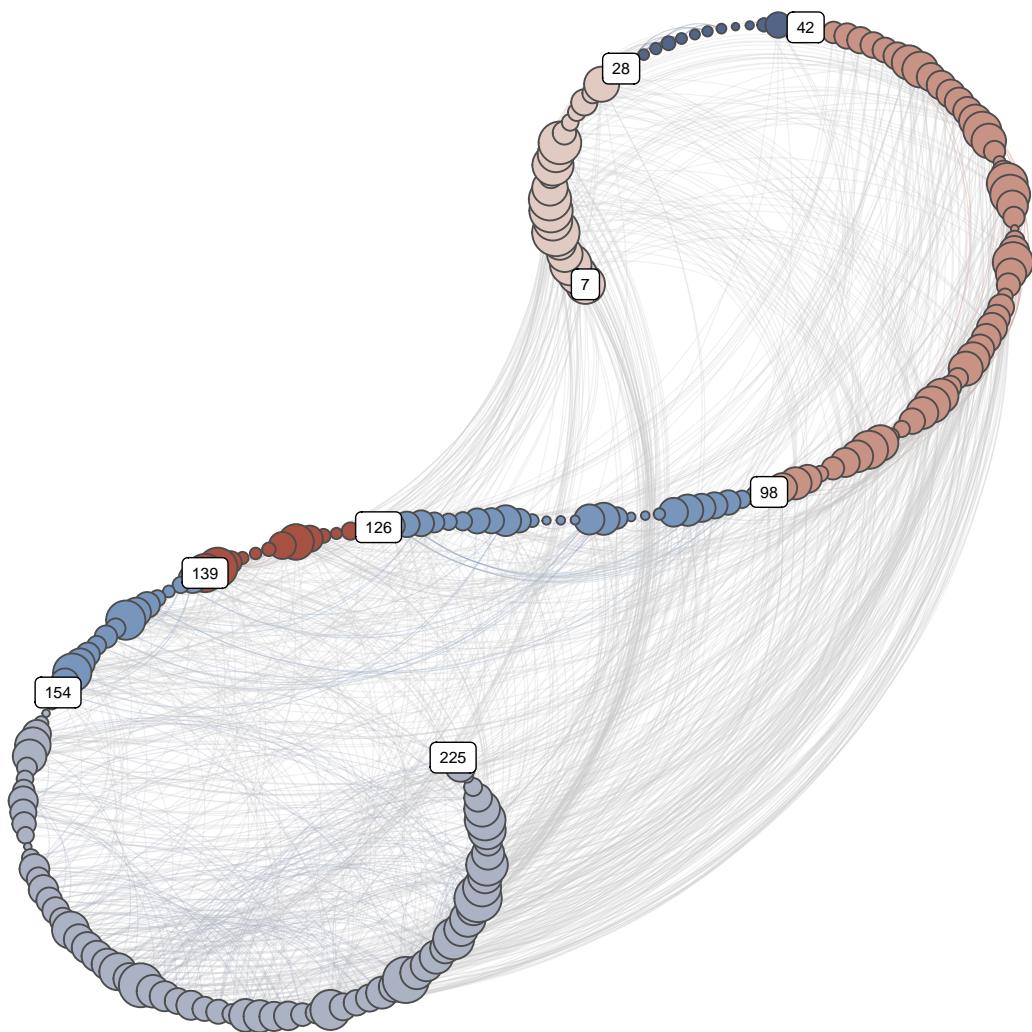
Phase of experiment [variable: "I am tired."]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



Phase of experiment [variable: "I found this a nice day"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



Phase of experiment [variable: "Filling in this questionnaire influenced my mood"]

- baseline assessment
- start double blind period
- start actual reduction
- post reduction (planned)
- critical transition
- post reduction (additional)



Phase of experiment [variable: "I am looking forward to this day"]

- (light pink) baseline assessment
- (dark blue) start double blind period
- (brown) start actual reduction
- (medium blue) post reduction (planned)
- (dark red) critical transition
- (grey) post reduction (additional)

