Chang 14 et al. schedule, indoor light: 500 lux, reading time: 4 hours ● 6 AM - 10 PM Light ■ 8 AM - 12 AM Light eBook Book 7.1 Mean sleep duration (hours)
- 6.9
- 8.9
- 6.0
- 7.0
- 6.0 6.5 -11 13 9 11 13 9 Day Day