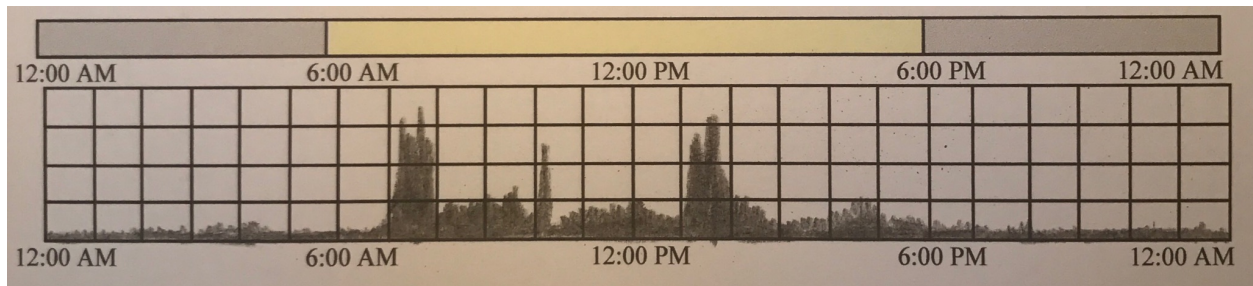


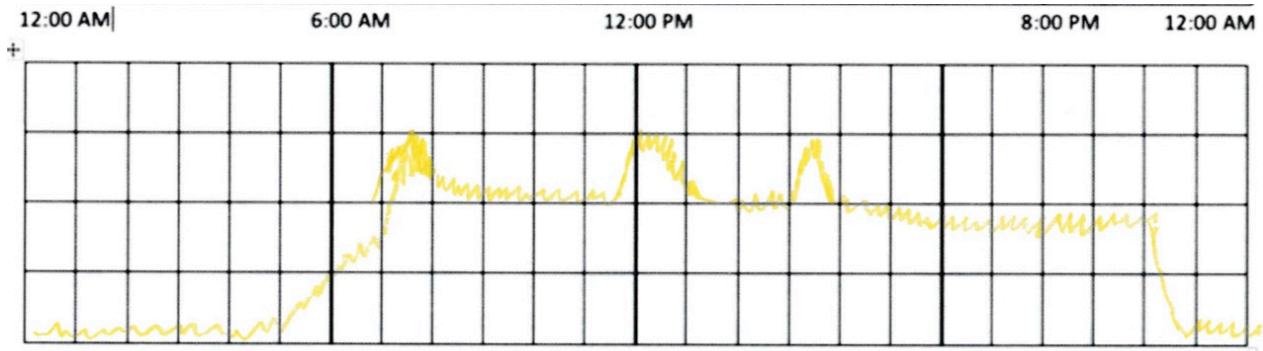
## Raul's ZZZ

### Actogram KEY

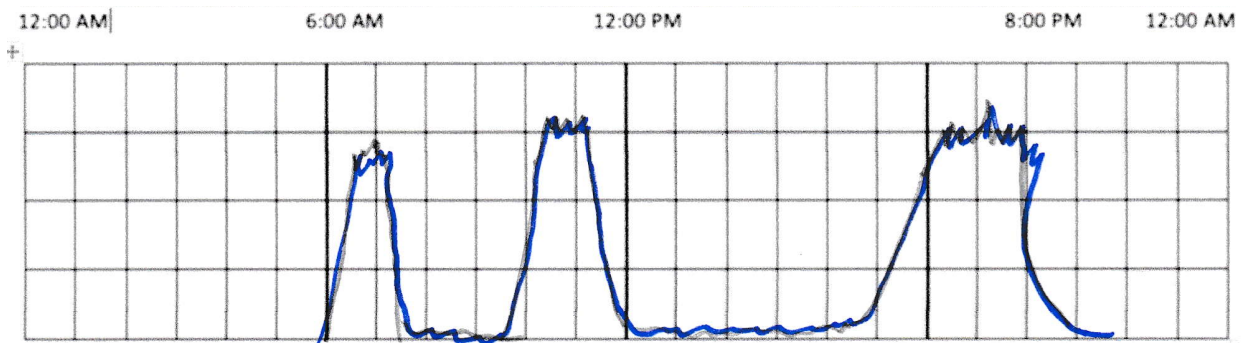
1. Black should be the selected color. Activity bursts should be shown at 7-8 AM, 10-10:15 AM, and 1-2 PM. Other light physical activity may be evidenced as well.



2. Yellow should be the selected color. High levels of light exposure should be shown at 7-8 AM. Moderate levels of light exposure should be shown throughout the day, until 8 PM.



3. Dark blue should be the selected color. Blue light bursts should be shown at 6 AM- 7AM, 10:30- around 11:30 AM, and from 6 PM- 8 PM. Other low/moderate exposure to blue light may be evidenced as well.



The image shows a digital calendar interface with a header and a grid. The header has five time slots: 12:00 AM, 6:00 AM, 12:00 PM, 8:00 PM, and 12:00 AM. The grid is divided into two rows, Monday and Tuesday. Each row has 12 columns. On Monday, the last two columns are shaded blue. On Tuesday, the first three columns are shaded blue.