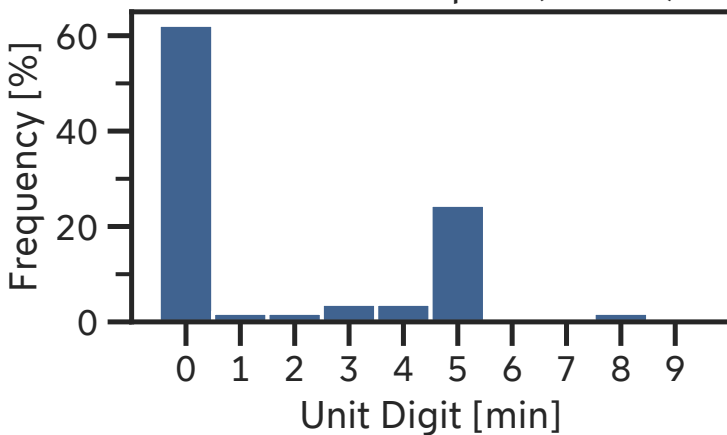


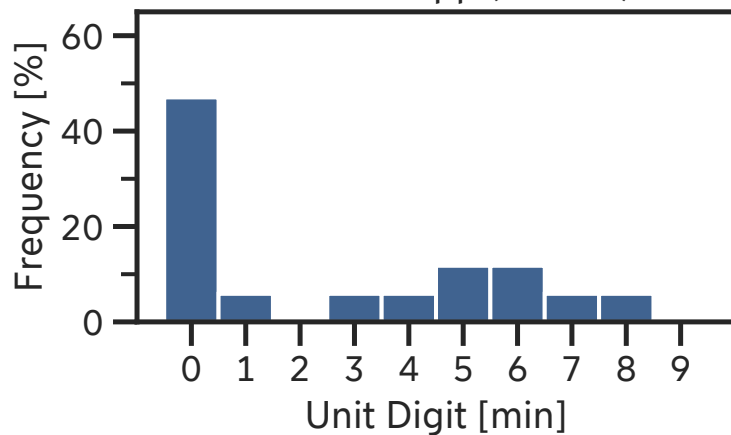
Awakening Times

Known Alarm

AW & ST: Selfreport (N = 53)

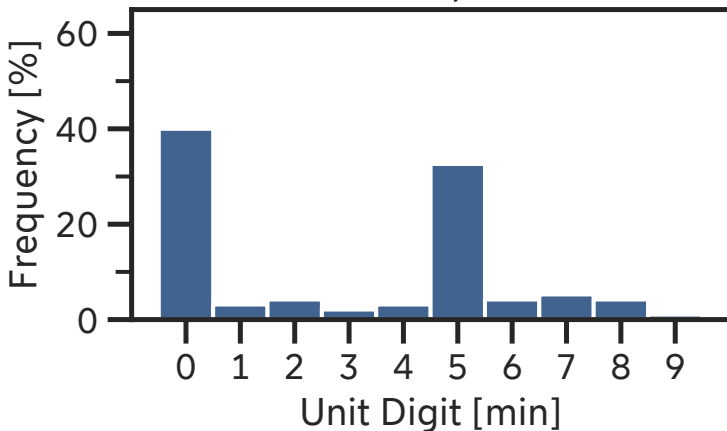


AW & ST: App (N = 17)

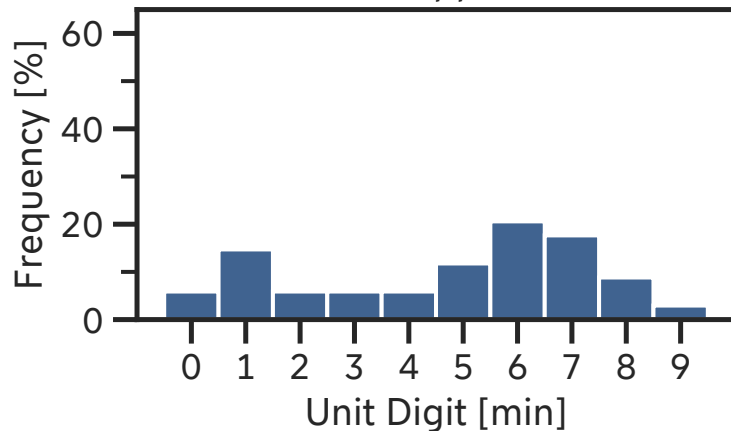


Spontaneous Awakening

AW & ST: Selfreport (N = 95)

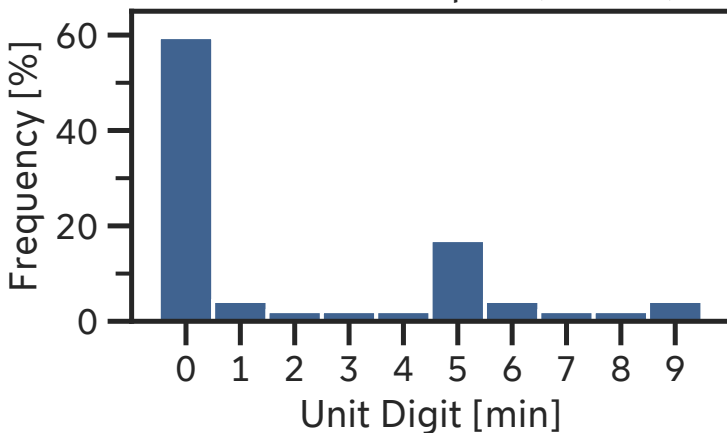


AW & ST: App (N = 34)



Unknown Alarm

AW & ST: Selfreport (N = 47)



AW & ST: App (N = 29)

