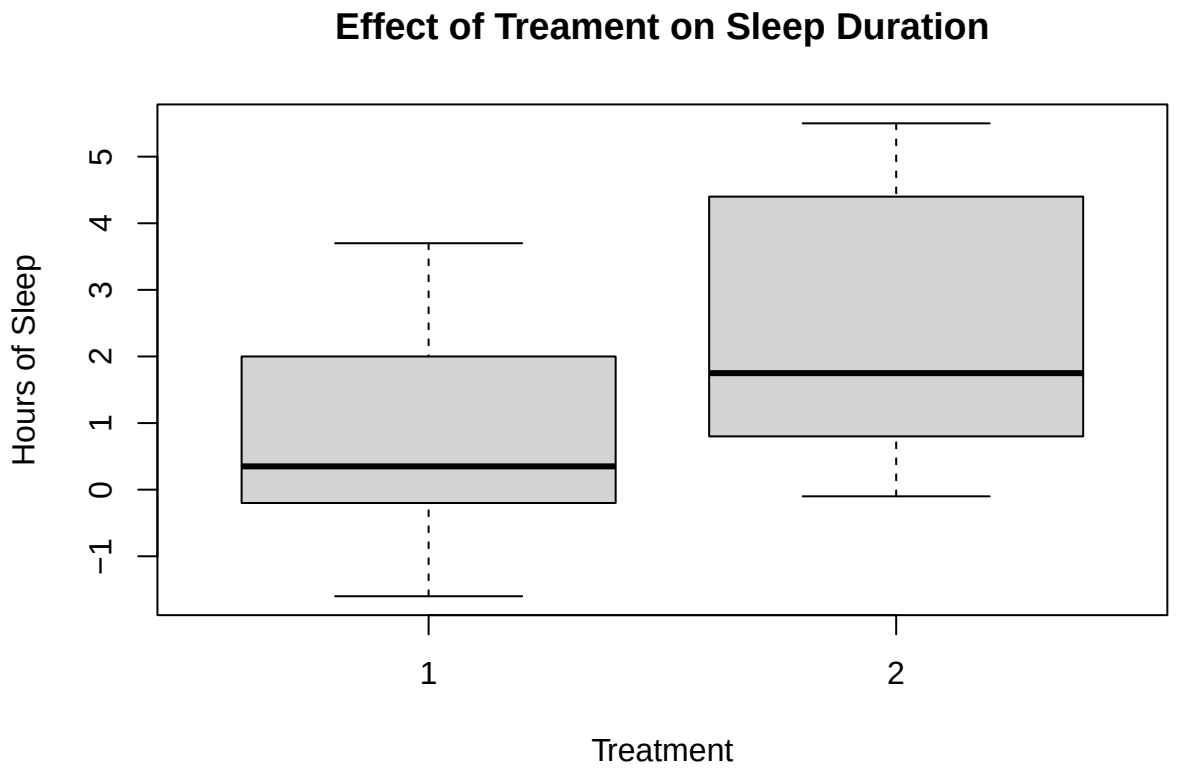
Effect of Treament on Sleep Duration
Hours of Sleep
−1
0
1
2
3
4
5
1
2
Treatment