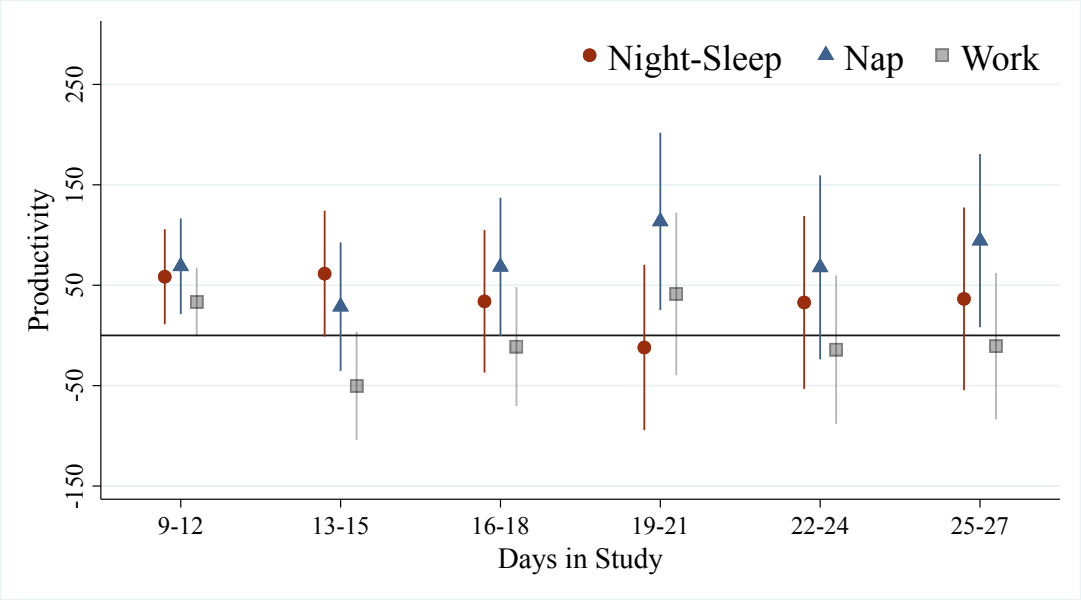
Night-Sleep
Nap
Work
Productivity
250
150
50
-50
-150
9-12
13-15
16-18
19-21
22-24
25-27
Days in Study