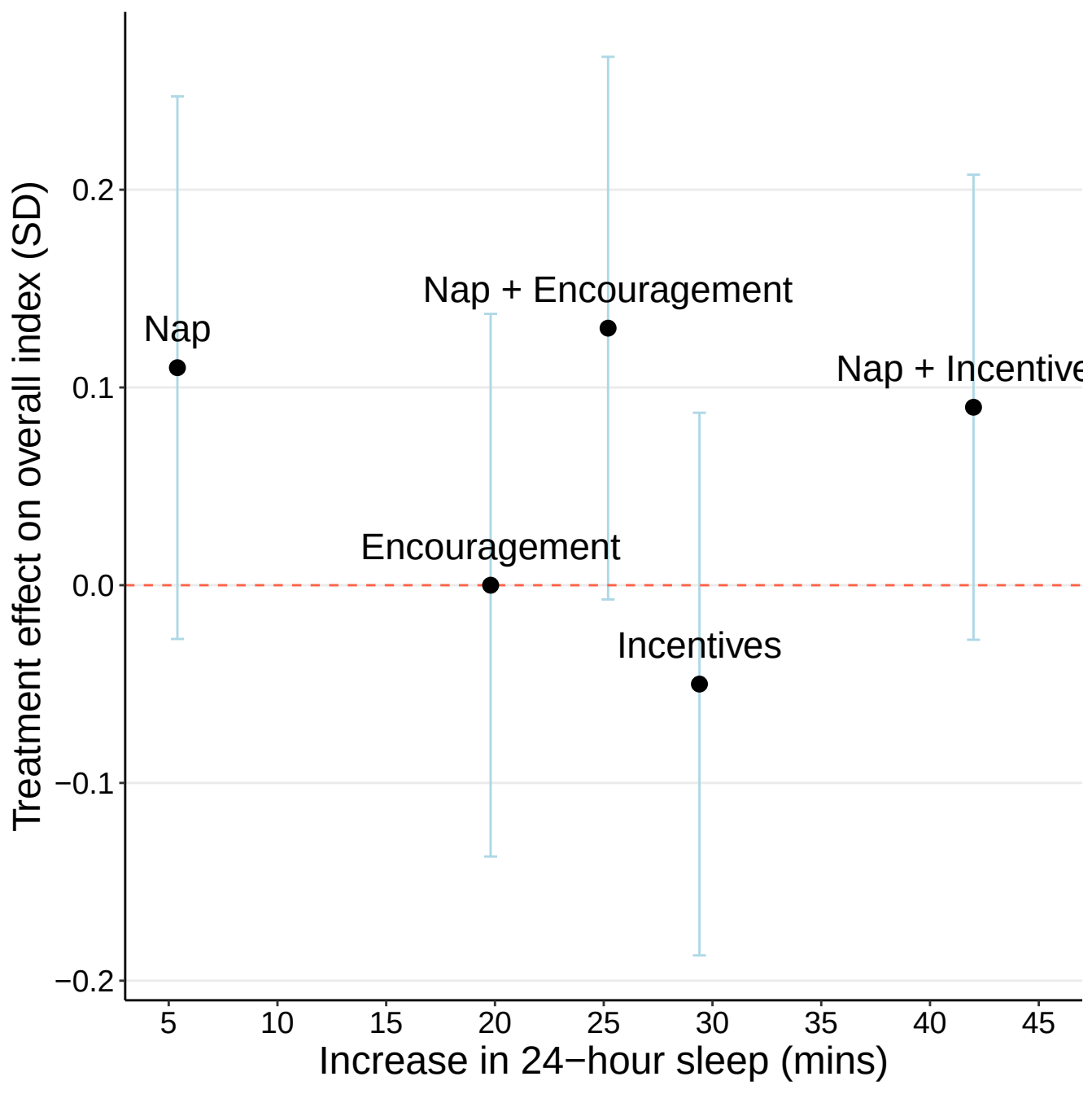
Nap
Nap + Encouragement
Nap + Incentive
Encouragement
Incentives
0.2
0.1
0.0
−0.1
−0.2
5
10
15
20
25
30
35
40
45
Treatment effect on overall index (SD)
Increase in 24−hour sleep (mins)