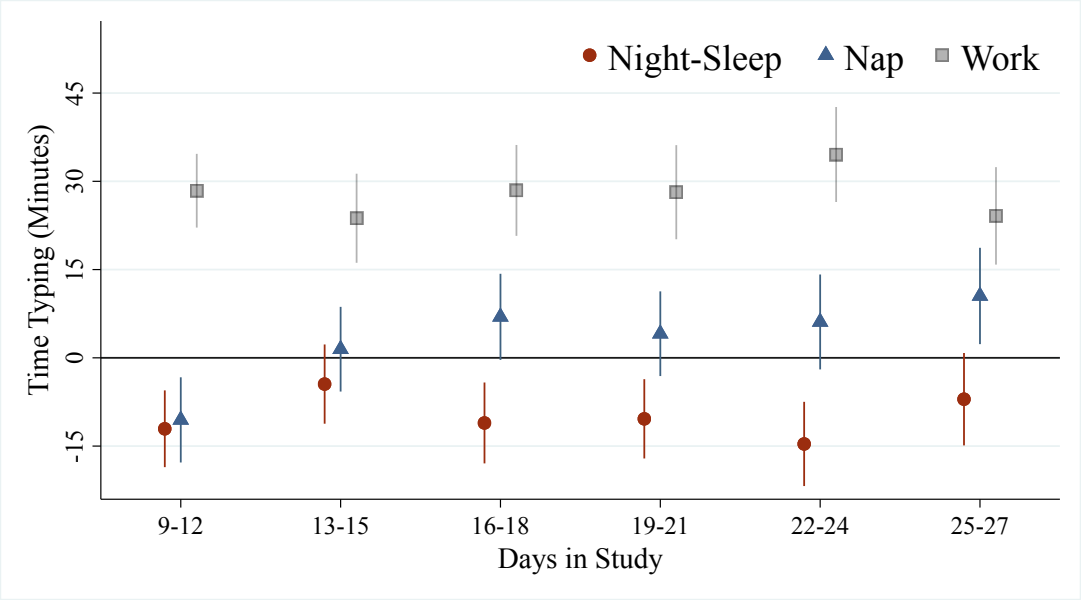
Night-Sleep
Nap
Work
Time Typing (Minutes)
-15
0
15
30
45
9-12
13-15
16-18
19-21
22-24
25-27
Days in Study