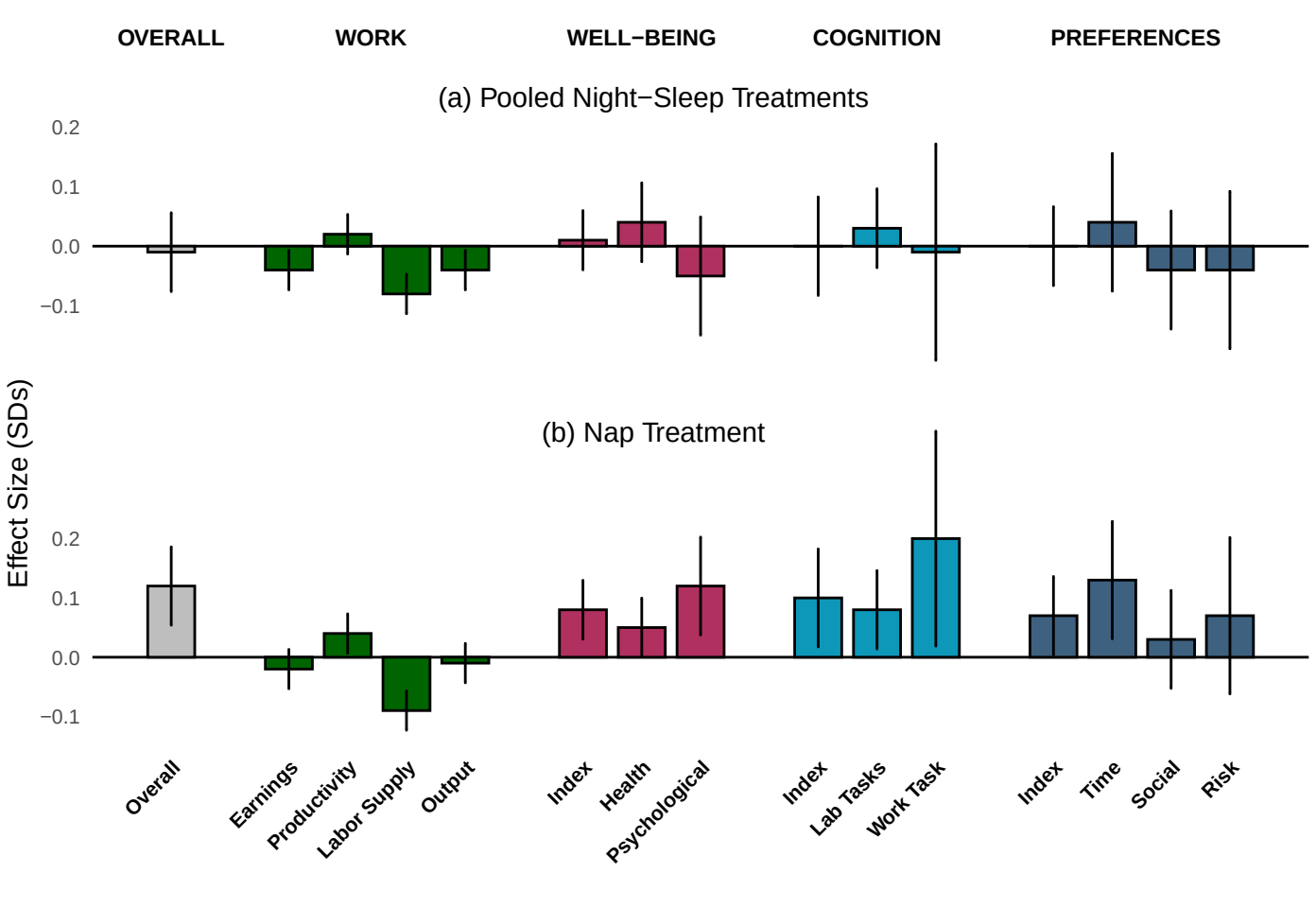
OVERALL
WORK
WELL−BEING
COGNITION
PREFERENCES
(a) Pooled Night−Sleep Treatments
(b) Nap Treatment
Effect Size (SDs)
0.2
0.1
0.0
−0.1
Overall
Earnings
Productivity
Labor Supply
Output
Index
Health
Psychological
Index
Lab Tasks
Work Task
Index
Time
Social
Risk