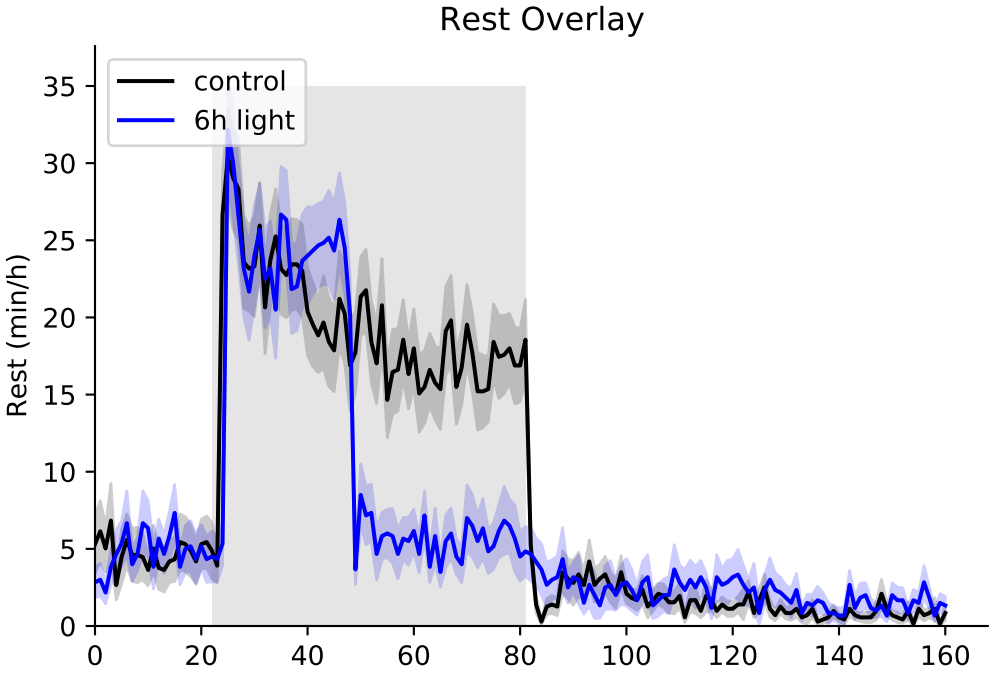
Rest Overlay
control
6h light
Rest (min/h)
0
5
10
15
20
25
30
35
0
20
40
60
80
100
120
140
160