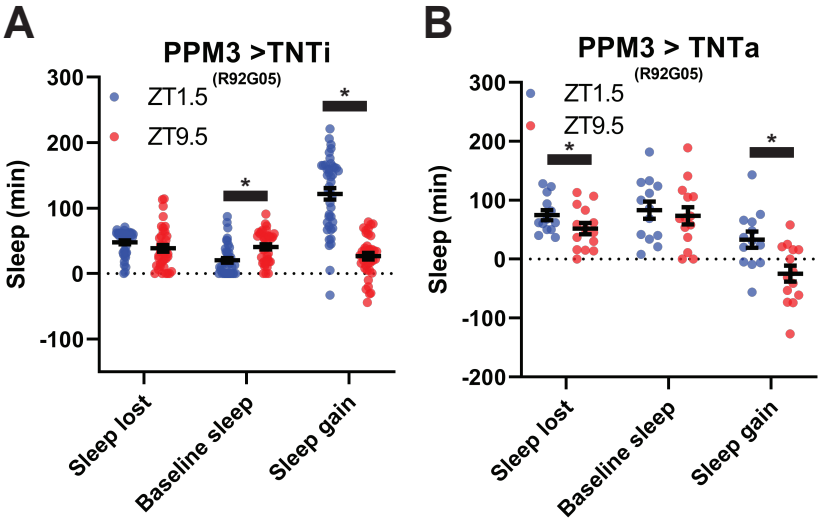
A
PPM3 >TNTi
(R92G05)
ZT1.5
ZT9.5
Sleep (min)
300
200
100
0
-100
*
*
Sleep lost
Baseline sleep
Sleep gain
B
PPM3 > TNTa
(R92G05)
ZT1.5
ZT9.5
Sleep (min)
300
200
100
0
-100
-200
*
*
Sleep lost
Baseline sleep
Sleep gain