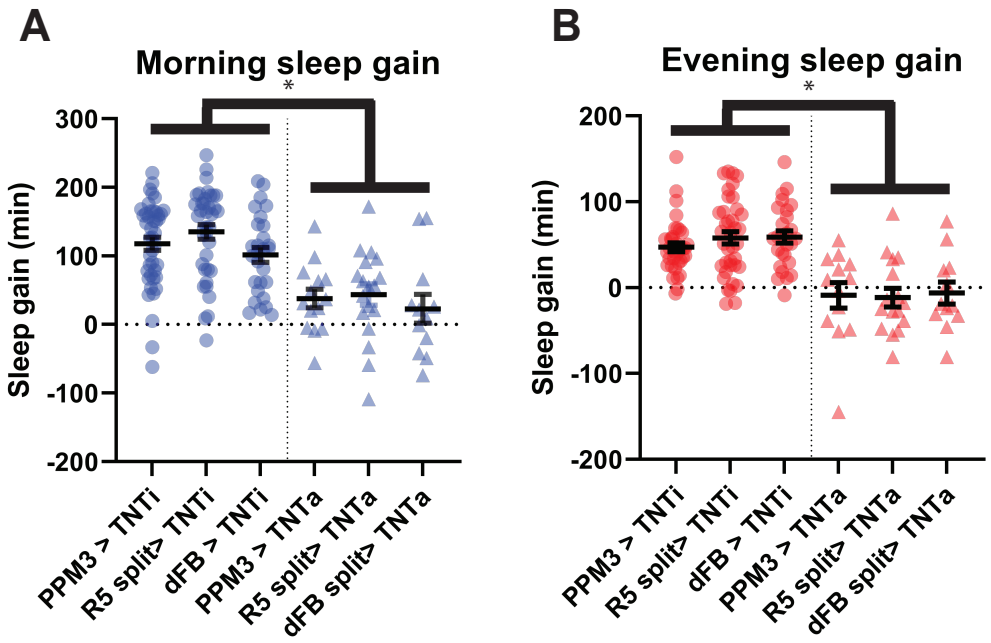
A
Morning sleep gain
*
Sleep gain (min)
300
200
100
0
-100
-200
PPM3 > TNTi
R5 split> TNTi
dFB > TNTi
PPM3 > TNTa
R5 split> TNTa
dFB split> TNTa
B
Evening sleep gain
*
Sleep gain (min)
200
100
0
-100
-200
PPM3 > TNTi
R5 split> TNTi
dFB > TNTi
PPM3 > TNTa
R5 split> TNTa
dFB split> TNTa