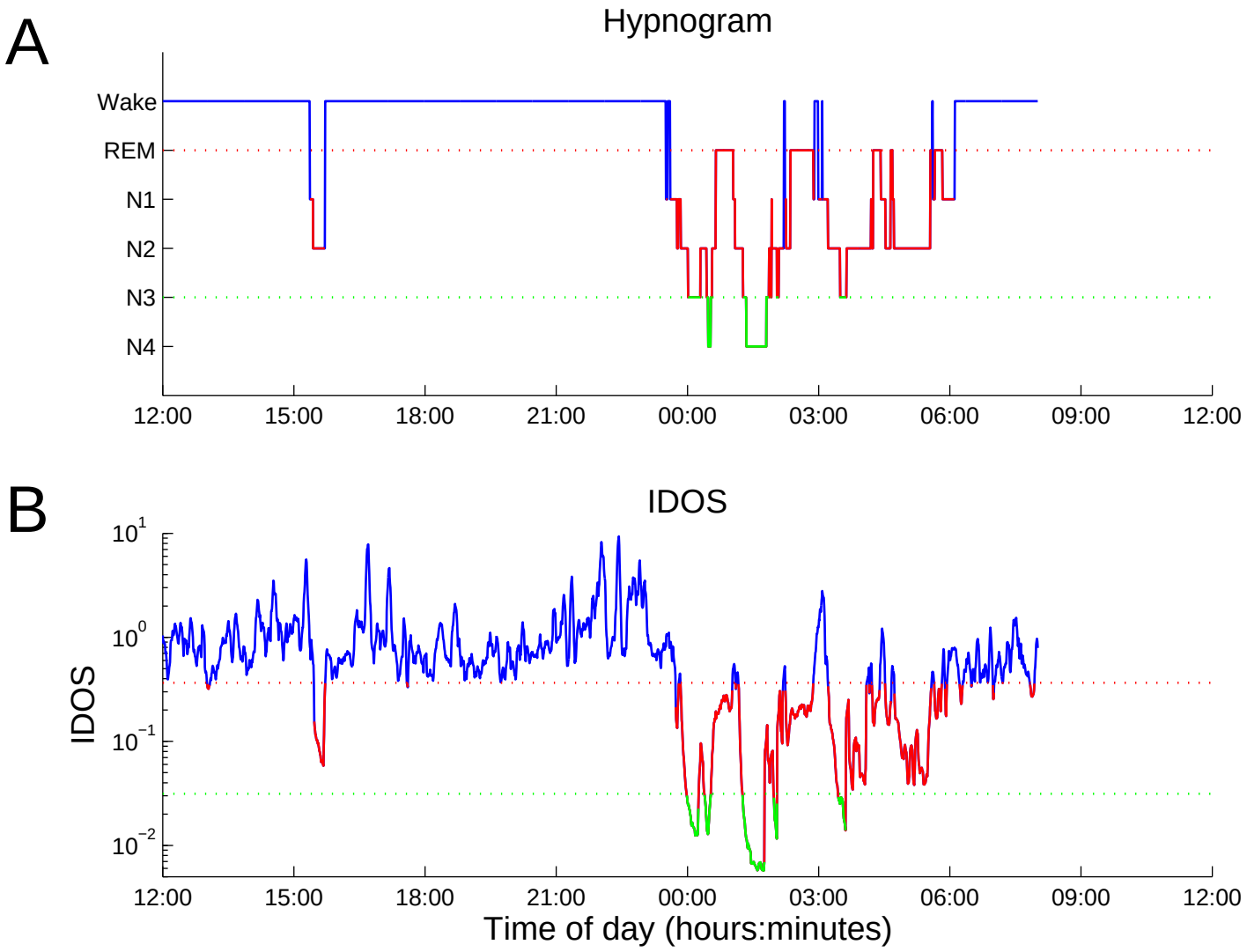
A
Hypnogram
Wake
REM
N1
N2
N3
N4
12:00
15:00
18:00
21:00
00:00
03:00
06:00
09:00
12:00
B
IDOS
IDOS
10^{1}
10^{0}
10^{-1}
10^{-2}
12:00
15:00
18:00
21:00
00:00
03:00
06:00
09:00
12:00
Time of day (hours:minutes)