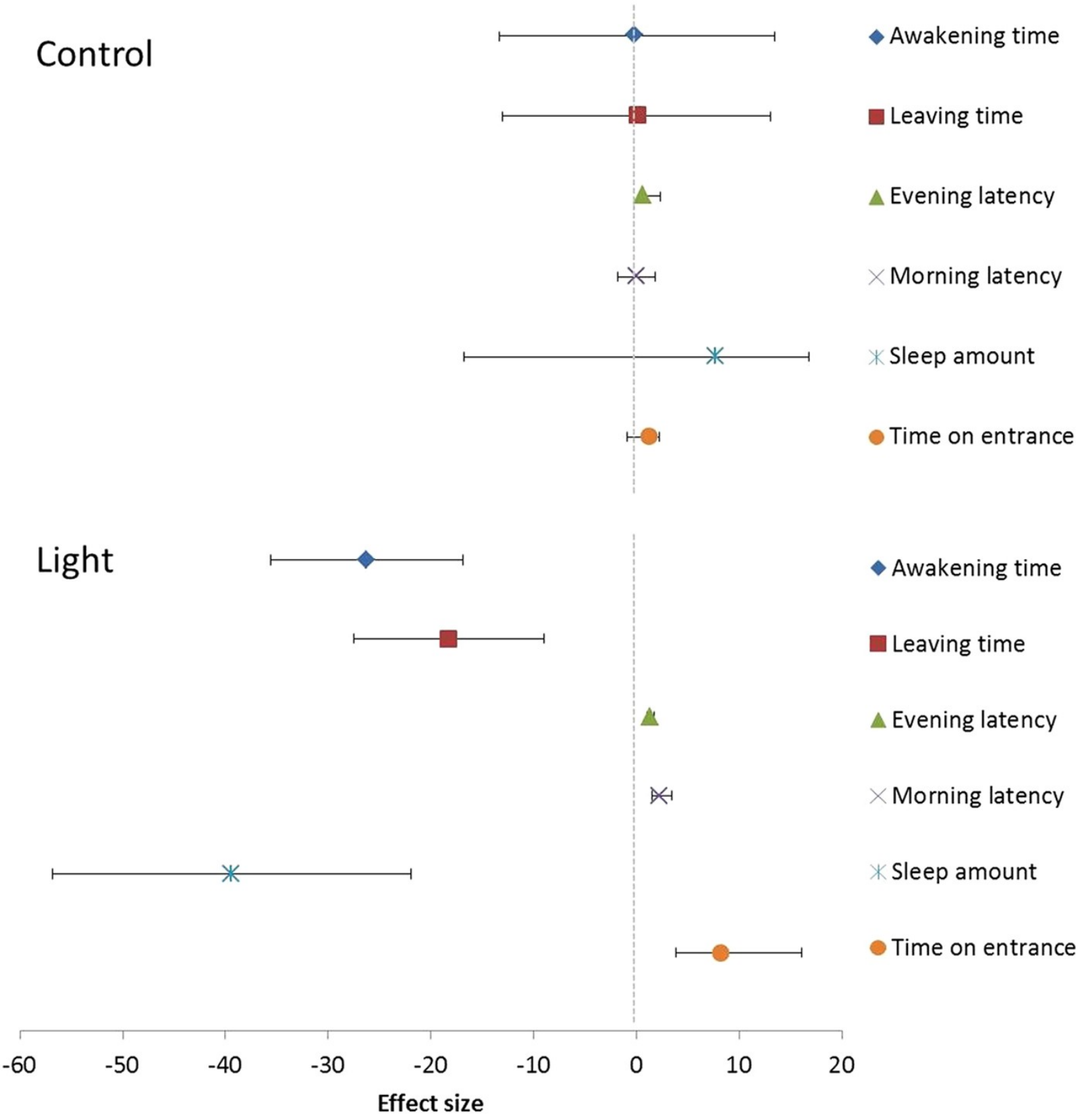
Control
Awakening time
Leaving time
Evening latency
Morning latency
Sleep amount
Time on entrance
Light
Awakening time
Leaving time
Evening latency
Morning latency
Sleep amount
Time on entrance
-60
-50
-40
-30
-20
-10
0
10
20
Effect size