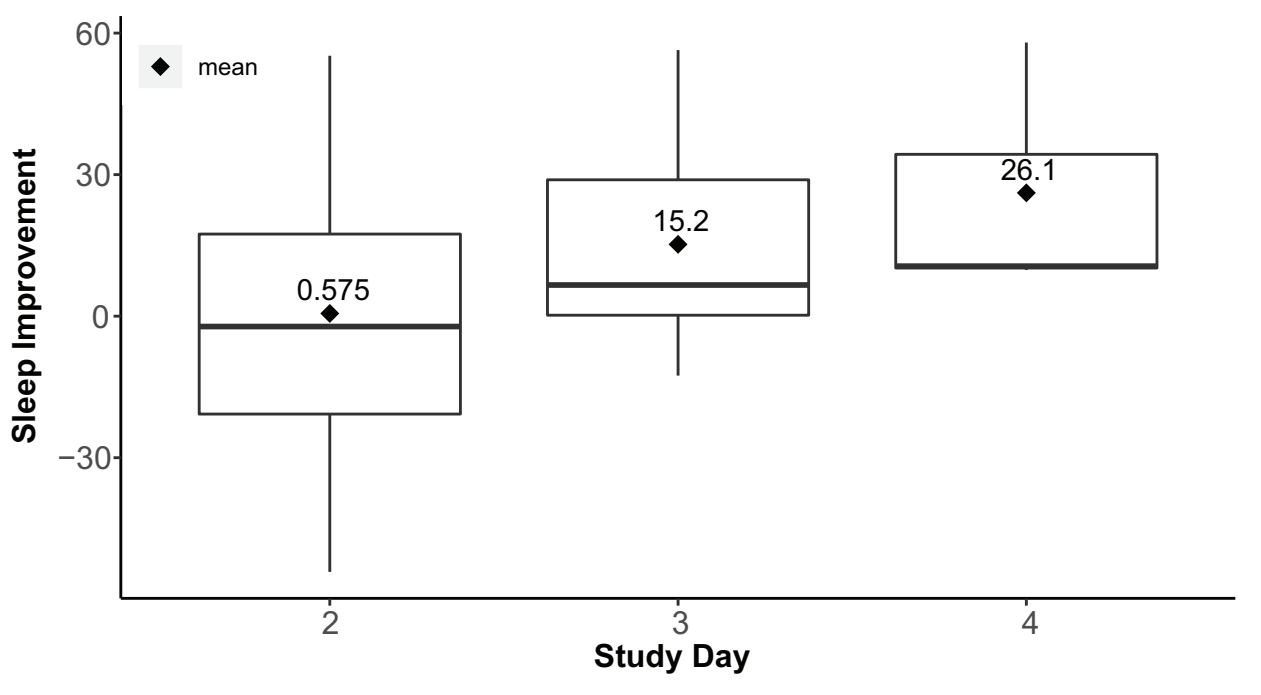
60
30
0
−30
Sleep Improvement
mean
0.575
15.2
26.1
2
3
4
Study Day