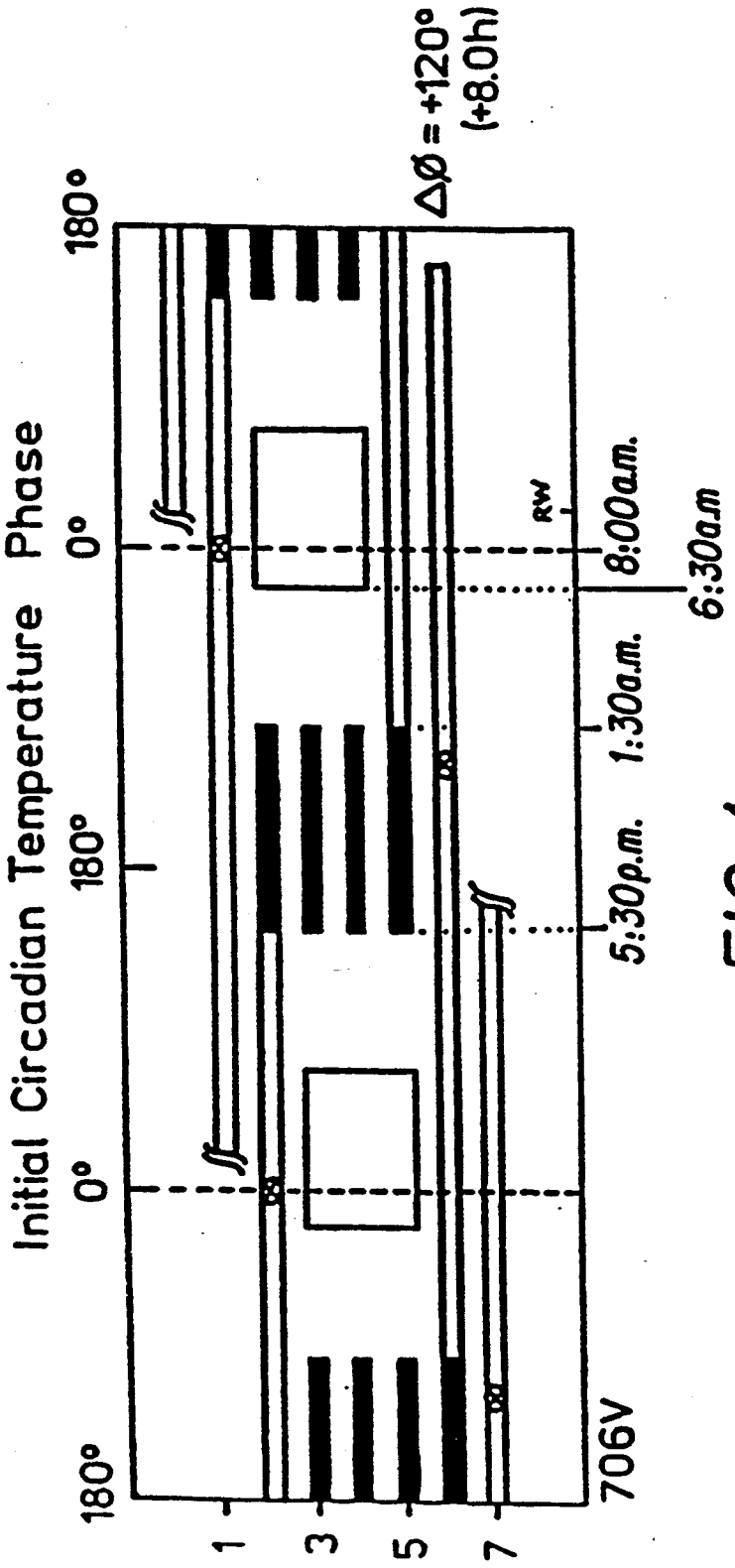
Initial Circadian Temperature Phase
180°
0°
180°
0°
180°
Δφ = +120°
(+8.0h)
RW
8:00a.m.
6:30a.m
1:30a.m.
5:30p.m.
706V
1
3
5
7

FIG. 1