

ject's present endogenous circadian cycle to a desired state, comprising the steps of:

determining the characteristics of a desired endogenous circadian cycle for said subject;

selecting an appropriate time episode with respect to the presumed phase of physiological markers of the present endogenous circadian cycle for said subject during which to apply a light stimulus to effect a desired modification of said present endogenous circadian cycle; and

exposing said subject to said light stimulus at said selected time episode;

whereby the endogenous circadian cycle of said subject is modified to a desired state, thereby facilitating the physiological adaptation of said subject to an activity/rest schedule requiring said subject to be active during a portion of said conventional sleep hours.

21. The method of claim 20 wherein said selected time occurs between the hours of 11:30 p.m. and 7:30 a.m.

22. The method of claim 20 wherein said selected time occurs during the entire activity portion of said subject's schedule.

23. The method of claim 20 further comprising the step of:

exposing said subject to a diminished level of illumination during a second selected time of the rest portion of said subject's schedule.

24. The method of claim 20 wherein said light stimulus includes light of an intensity greater than 2000 lux.

25. The method of claim 24 wherein said intensity is inferred at a position approximately at the pupil of said subject.

26. The method of claim 20 wherein said light stimulus includes light of an intensity between zero and 100,000 lux.

27. The method of claim 26 wherein said intensity is inferred at a position approximately at the pupil of said subject.

28. A method of improving the physiological adaptation of the endogenous circadian pacemaker of a human subject to a desired wake time by resetting the phase of said endogenous circadian pacemaker, said method comprising the steps of:

estimating the phase of the endogenous circadian cycle of said subject based on characteristics of said subject's habitual sleep/wake cycle;

selecting an appropriate time during said estimated phase of said circadian cycle of said subject based on the presumed phase of physiological markers of the circadian cycle of said subject during which to

expose said subject to a stimulus including an enhanced level of illumination; and

exposing said subject to said stimulus at said selected time to thereby reset the phase of said endogenous circadian pacemaker of said subject.

29. The method of claim 28 wherein said subject is exposed to said stimulus at a time preceding said subject's desired bedtime to thereby delay the endogenous circadian pacemaker of said subject.

30. The method of claim 28 wherein said subject is exposed to said stimulus at a time following said subject's desired wake time to thereby advance the endogenous circadian pacemaker of said subject.

31. The method of claim 30 wherein said subject is awake during exposure to said stimulus.

32. The method of claim 28 wherein said stimulus includes light of an intensity greater than 2000 lux.

33. The method of claim 32 wherein said intensity is inferred at a position approximately at the pupil of said subject.

34. A method of improving the physiological adaptation of the endogenous circadian pacemaker of a human subject to a desired wake time by resetting the phase of said endogenous circadian pacemaker, said method comprising the steps of:

determining the characteristics of a desired endogenous circadian cycle for said subject;

selecting an appropriate time with respect to the presumed phase of physiological markers of the present endogenous circadian cycle for said subject during which to expose said subject to a stimulus including an enhanced level of illumination; and

exposing said subject to said stimulus at said selected time to thereby reset the phase of said endogenous circadian pacemaker of said subject.

35. The method of claim 34 wherein said subject is exposed to said stimulus at a time preceding said subject's desired bedtime to thereby delay the endogenous circadian pacemaker of said subject.

36. The method of claim 34 wherein said subject is exposed to said stimulus at a time following said subject's desired wake time to thereby advance the endogenous circadian pacemaker of said subject.

37. The method of claim 36 wherein said subject is awake during exposure to said stimulus.

38. The method of claim 34 wherein said stimulus includes light of an intensity greater than 2000 lux.

39. The method of claim 38 wherein said intensity is inferred at a position approximately at the pupil of said subject.

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