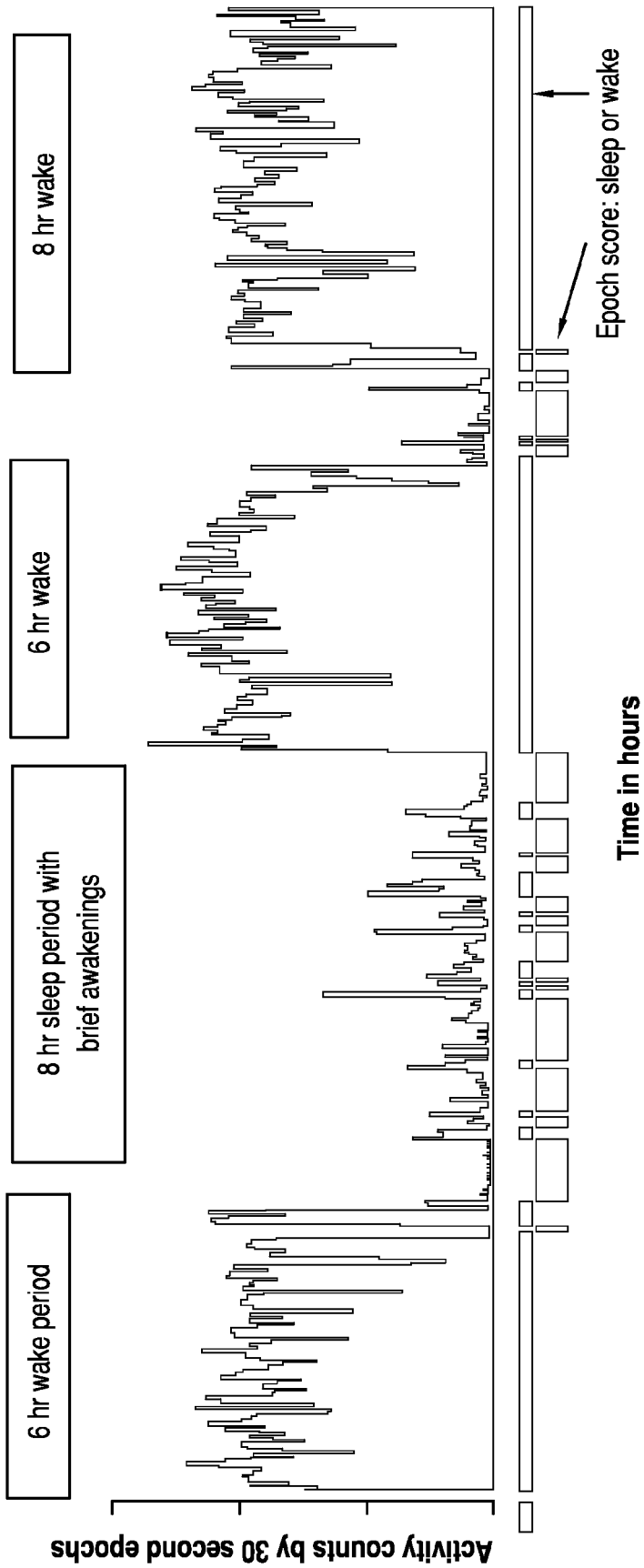
6 hr wake period
8 hr sleep period with brief awakenings
6 hr wake
8 hr wake
Activity counts by 30 second epochs
Time in hours
Epoch score: sleep or wake

FIG. 1