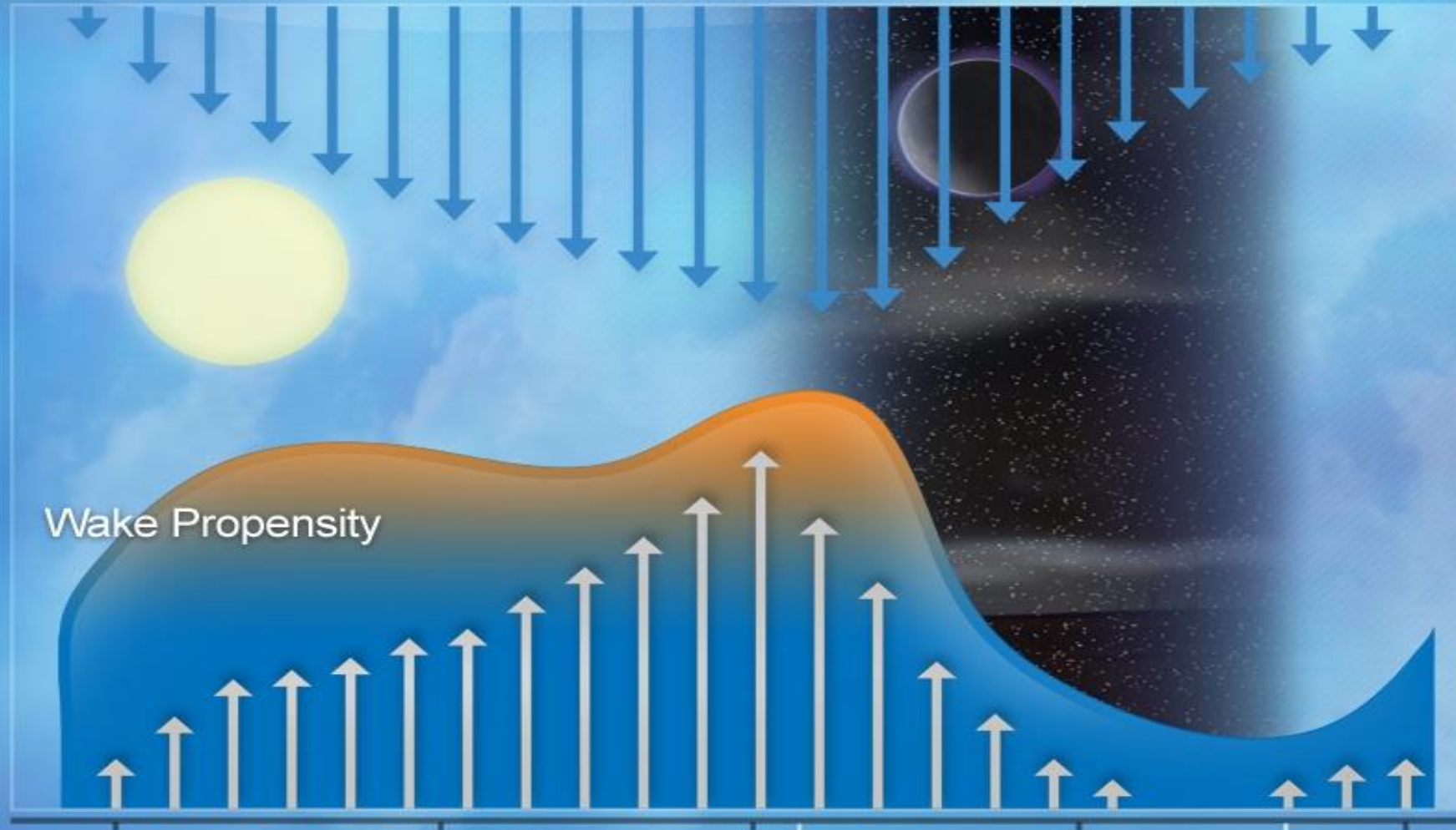


Circadian and Homeostatic Regulation of Sleep

Sleep Load



Wake Propensity

Circadian
Alerting
Signal

9 am

3 pm

9 pm

3 am

9 am

Awake

Asleep

Wake

Sleep