Figure 2. Mean ± SEM per 48-hour period for sleep variables – total sleep time (TST), wake after sleep onset (WASO), sleep efficiency (SE), N1, N2, N3 and rapid eye movement (R). Grey bars display the Fixed A group, white bars display Fixed B and black bars are the Rotating group. Asterisks represent statistically significant differences between conditions, and asterisks with brackets represent statistically significant differences between 48-hour periods to BL and/or RTDS (p<0.05).
Figure 3. Mean ± SEM for sleep latencies during baseline and return to daytime schedule (RTDS) 48h periods – sleep onset latency (SOL), N2, N3 and rapid eye movement (R) latencies. Grey bars display the Fixed A group, white bars display Fixed B and black bars are the Rotating group. Asterisks represent statistically significant differences between conditions, and asterisks with brackets represent statistically significant differences between 48-hour periods to BL and/or RTDS (p<0.05).
Figure 4. Mean ± SEM per 48-hour period for waking function – Psychomotor Vigilance Task (PVT) Lapses, Karolinska Sleepiness Scale (KSS) and positive and negative affect. Grey bars display the Fixed A group, white bars display Fixed B and black bars are the Rotating group. Asterisks represent statistically significant differences between conditions, and asterisks with brackets represent statistically significant differences between 48-hour periods to BL and/or RTDS (p<0.05).