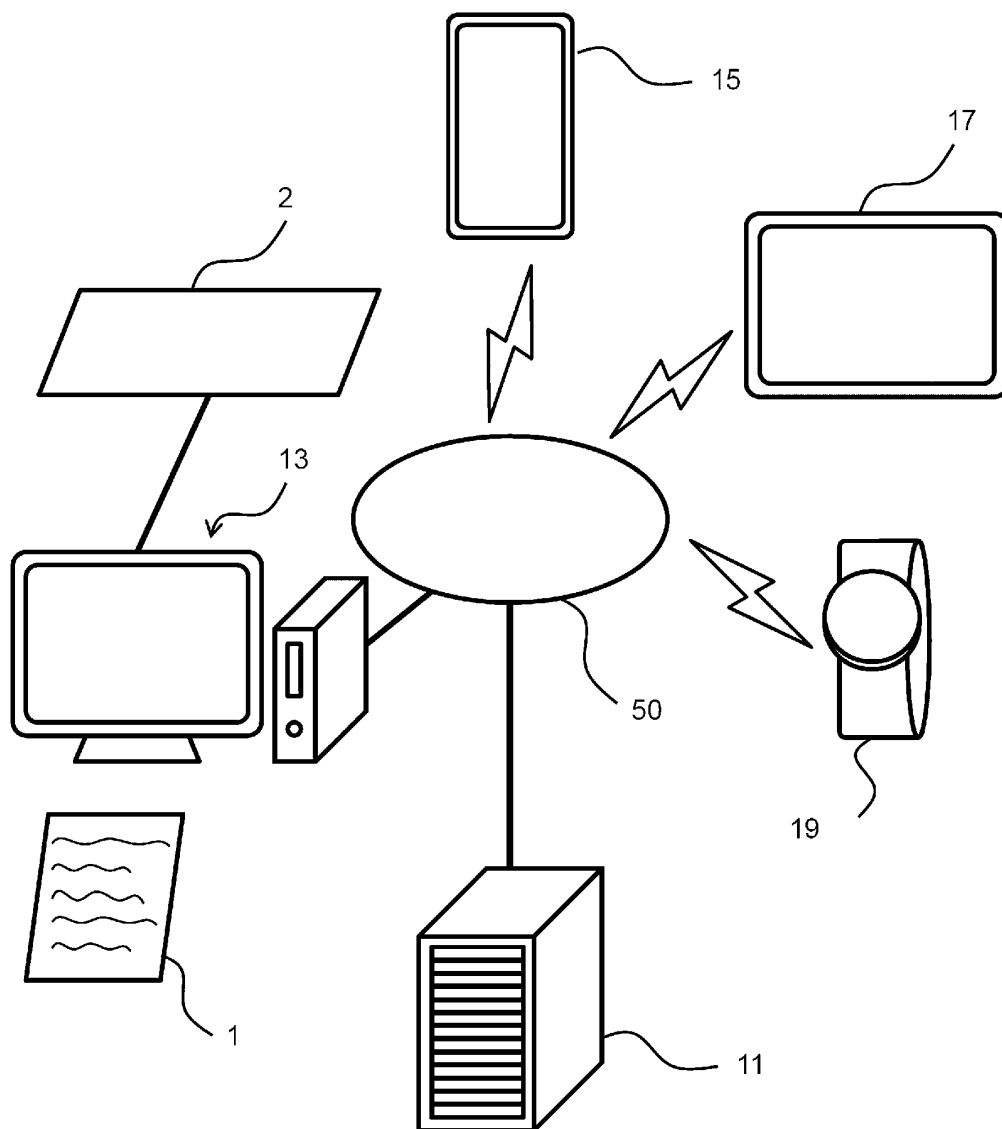
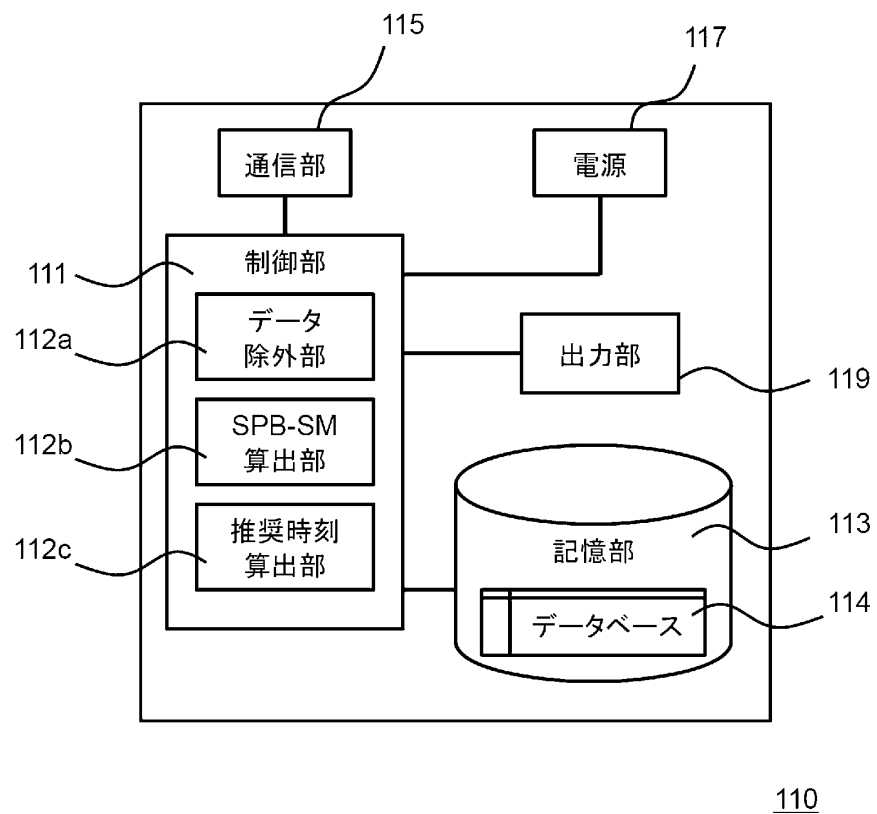


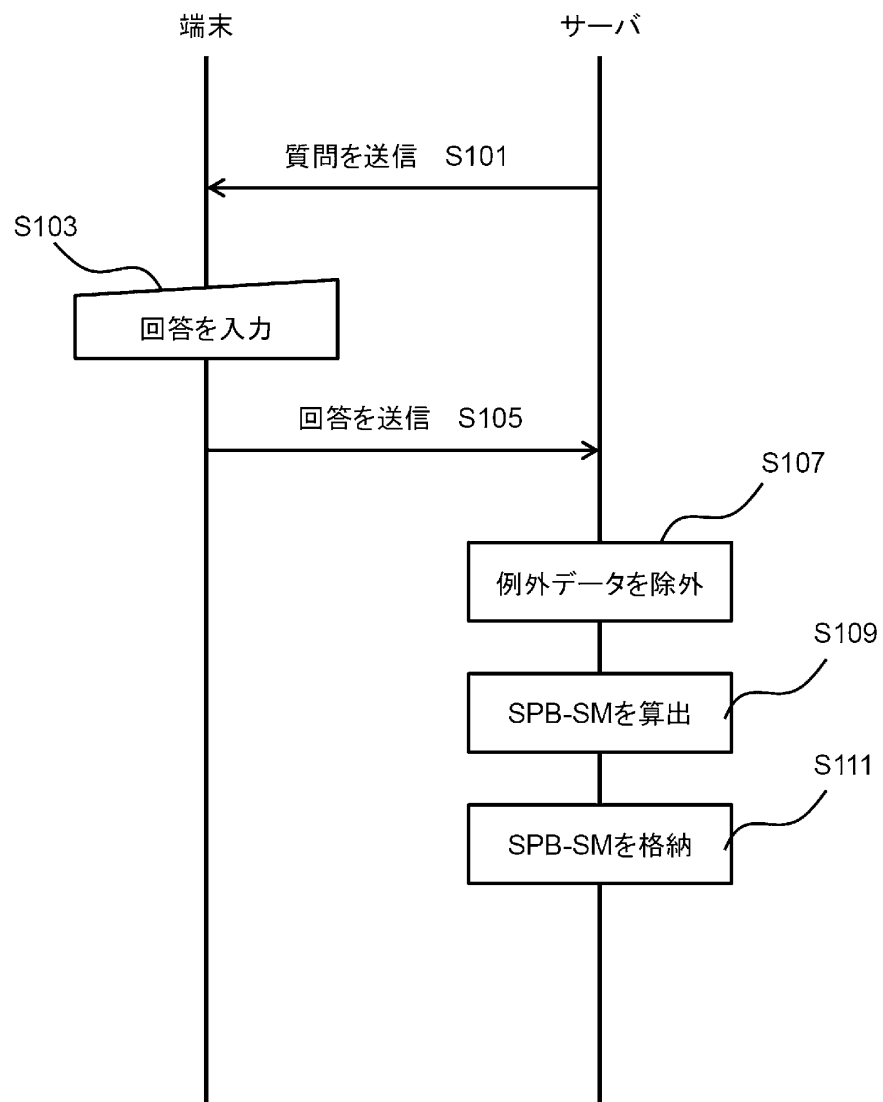
[図1]

100

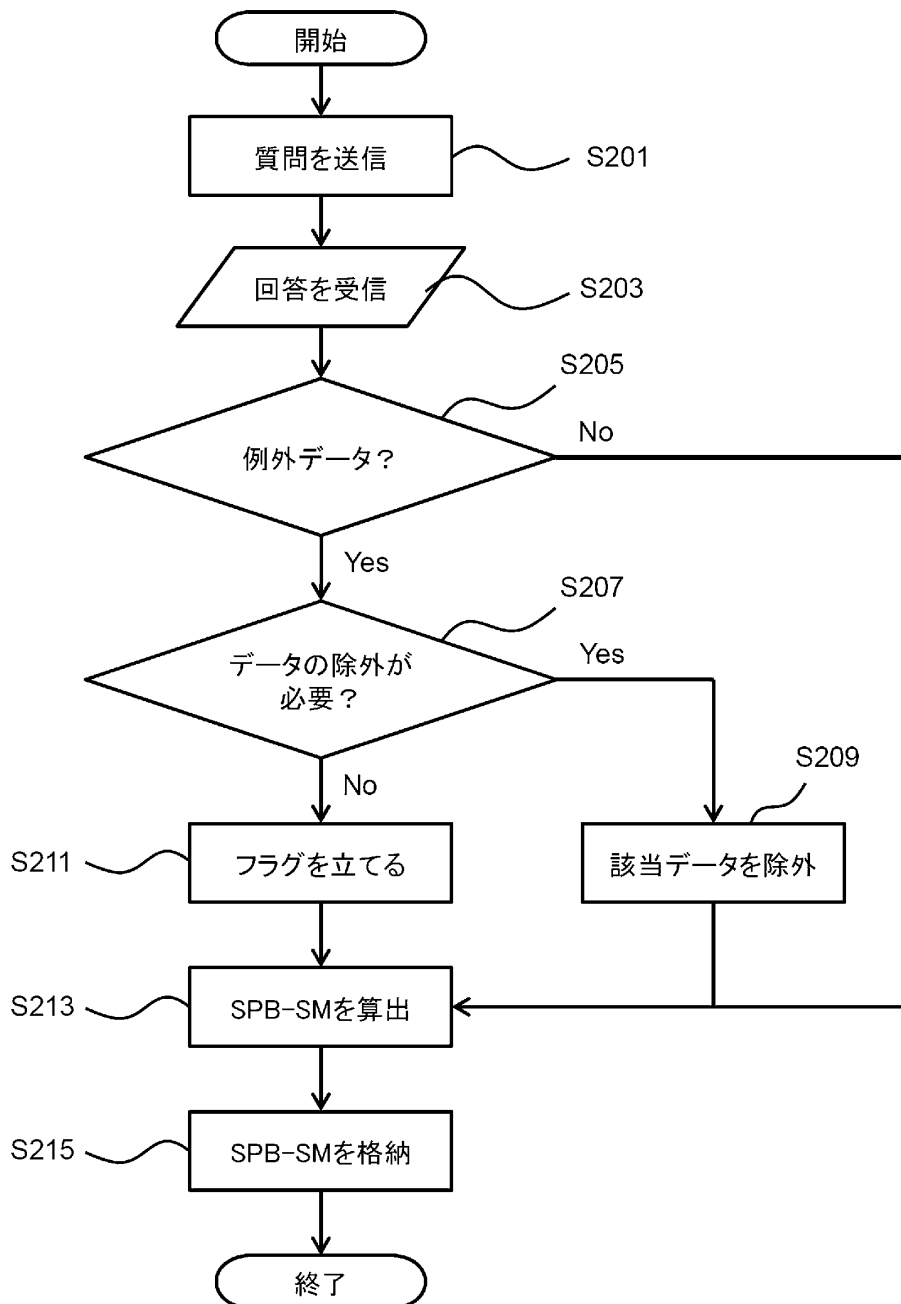
[図2]



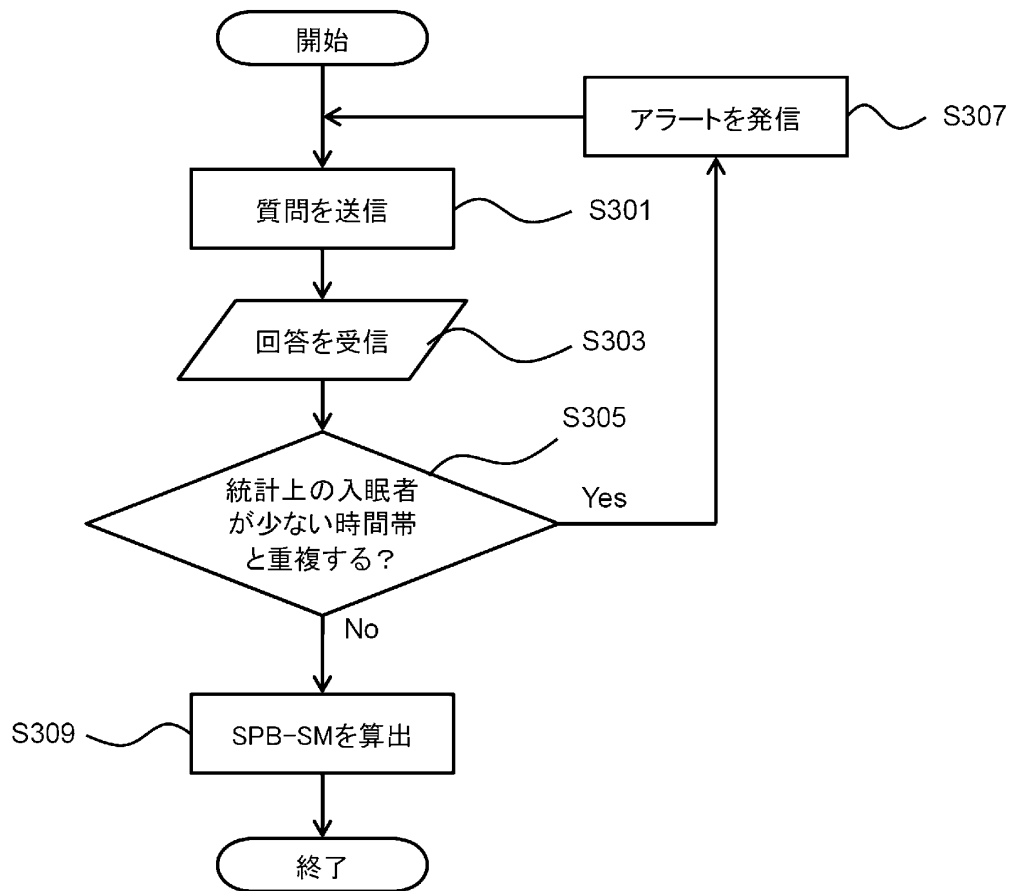
[図3]



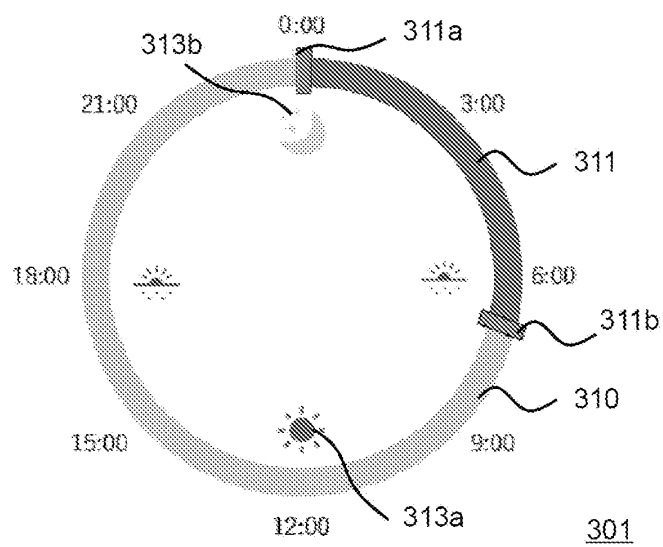
[図4]



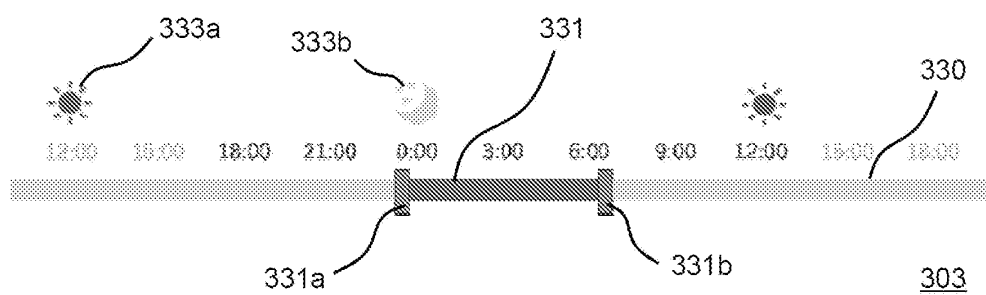
[図5]



[図6]

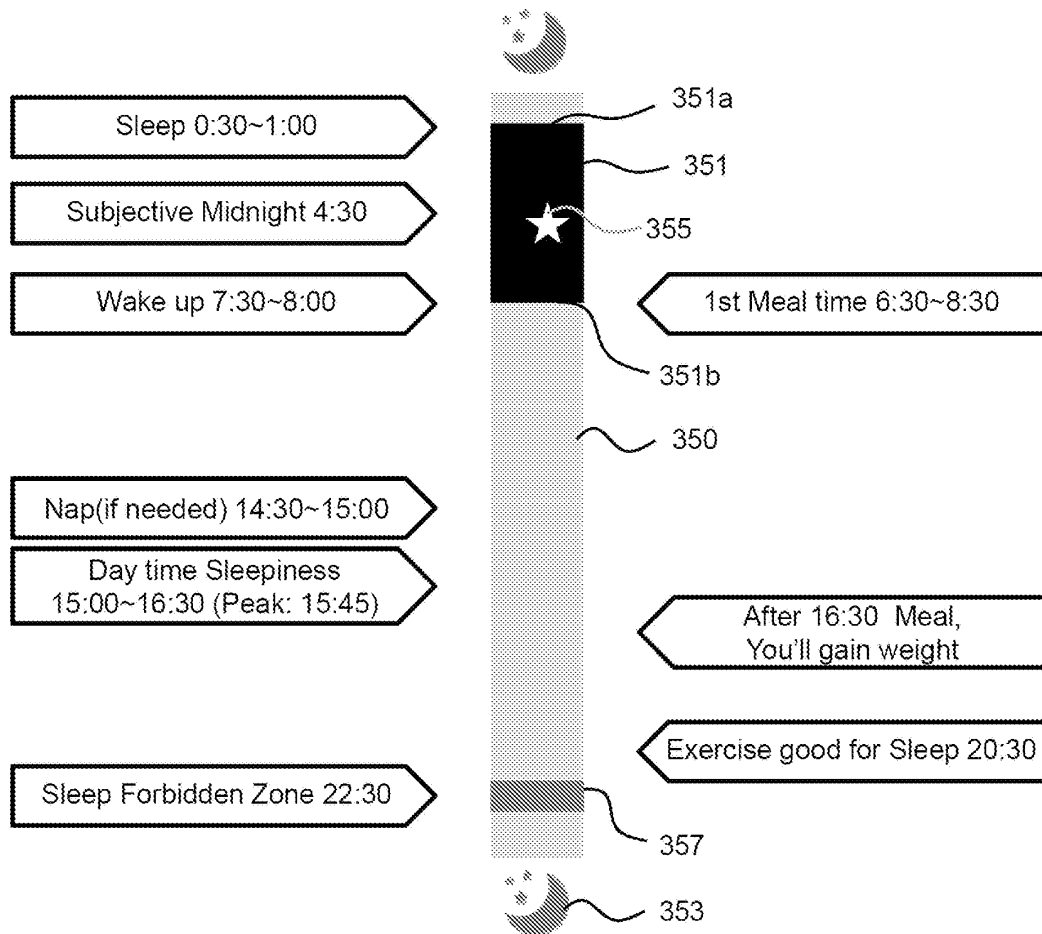


(a)



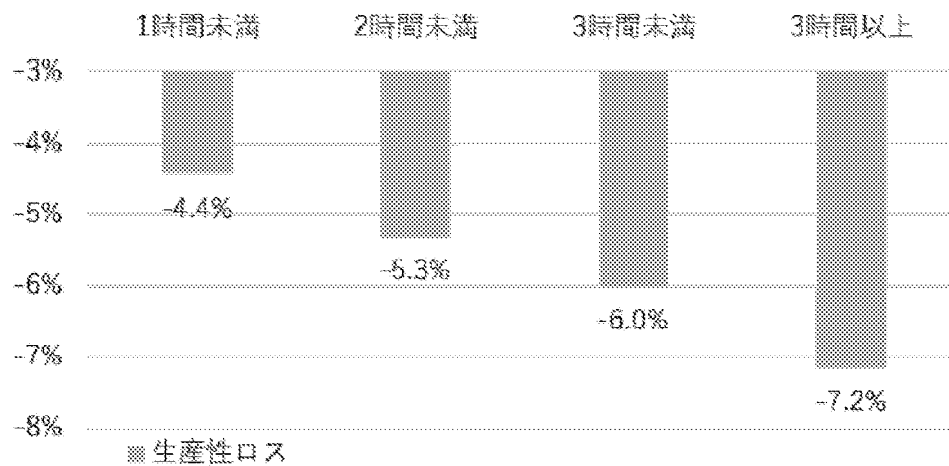
(b)

[図7]

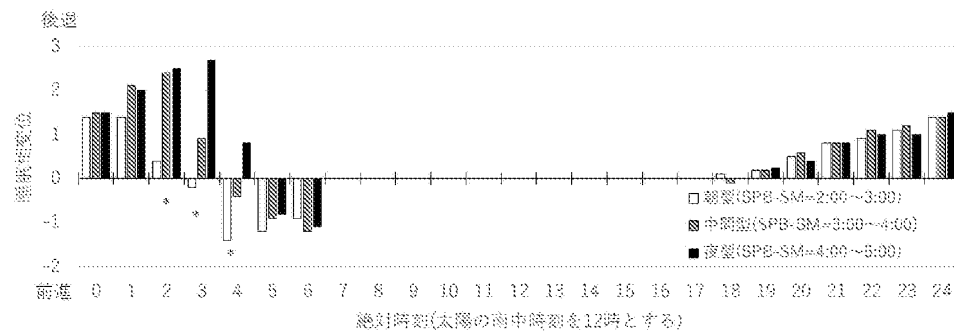


305

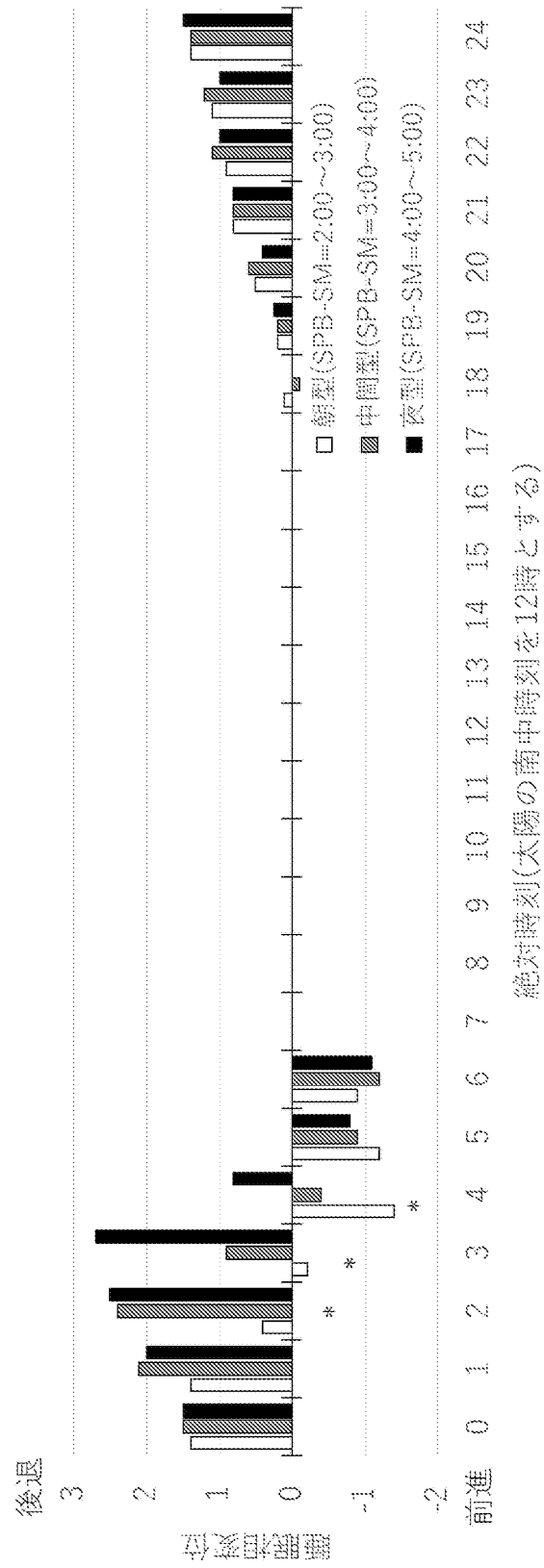
[図8]



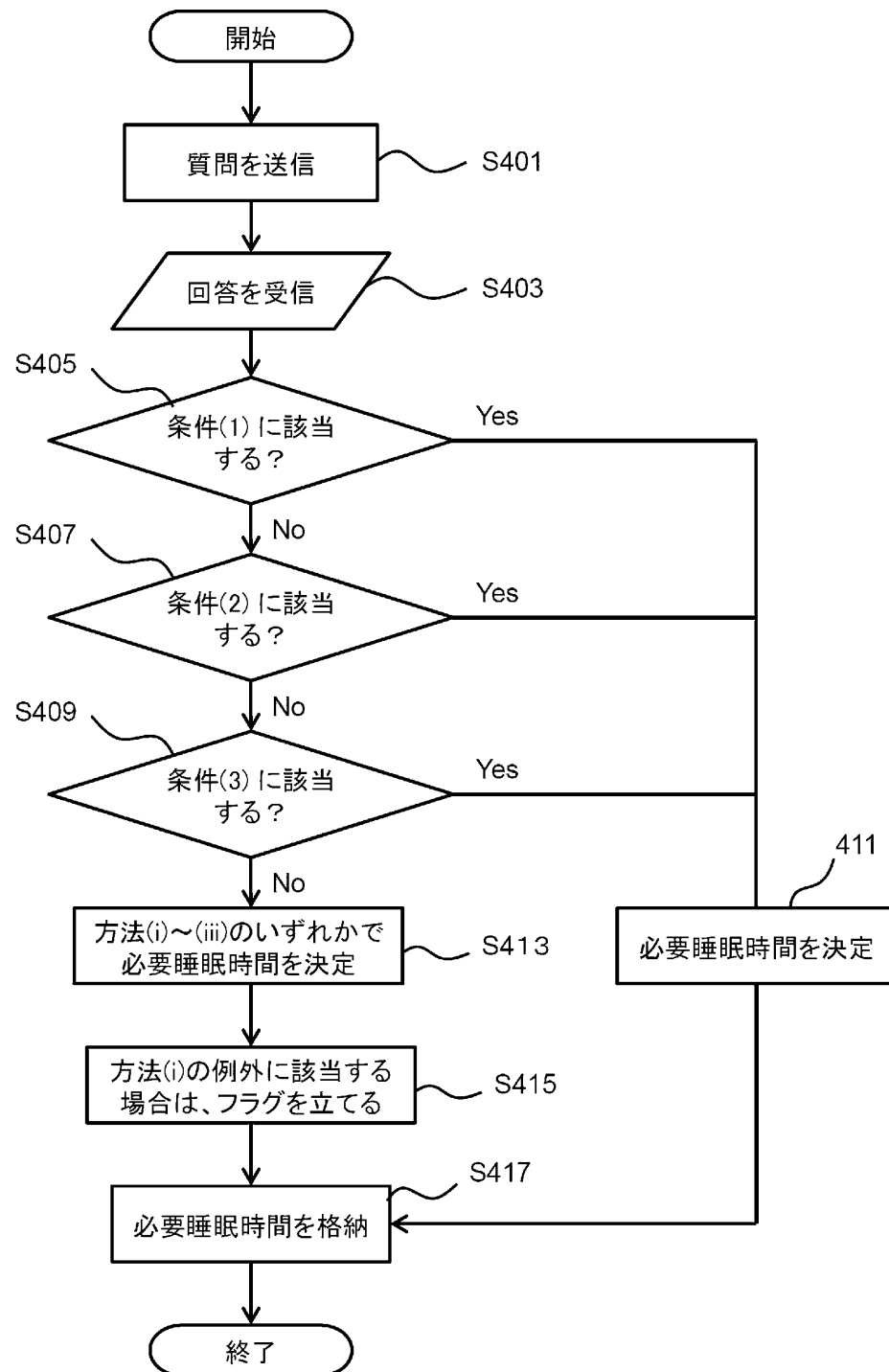
[図9]



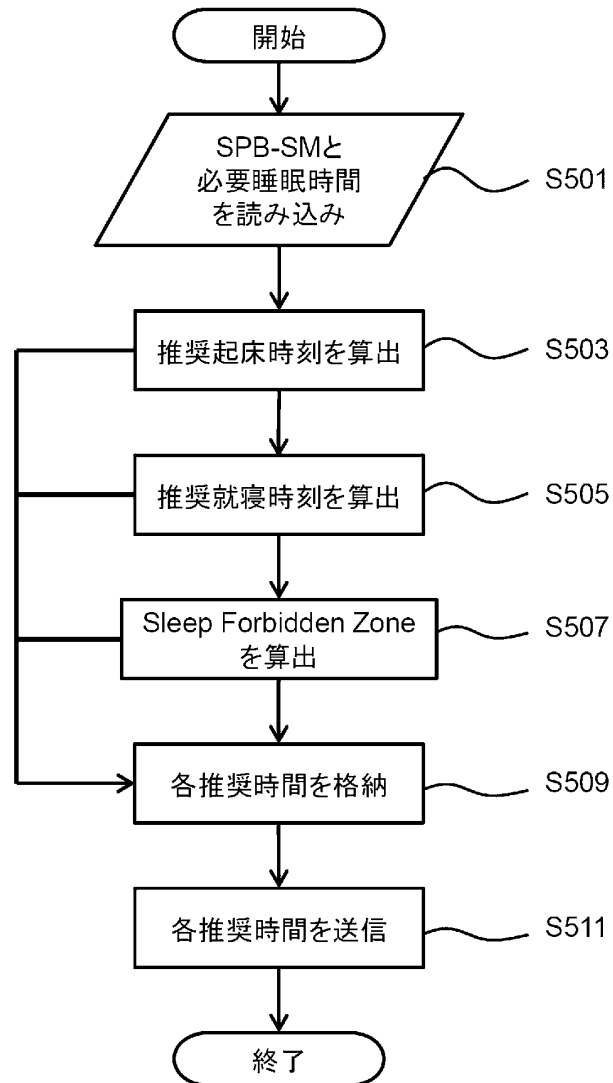
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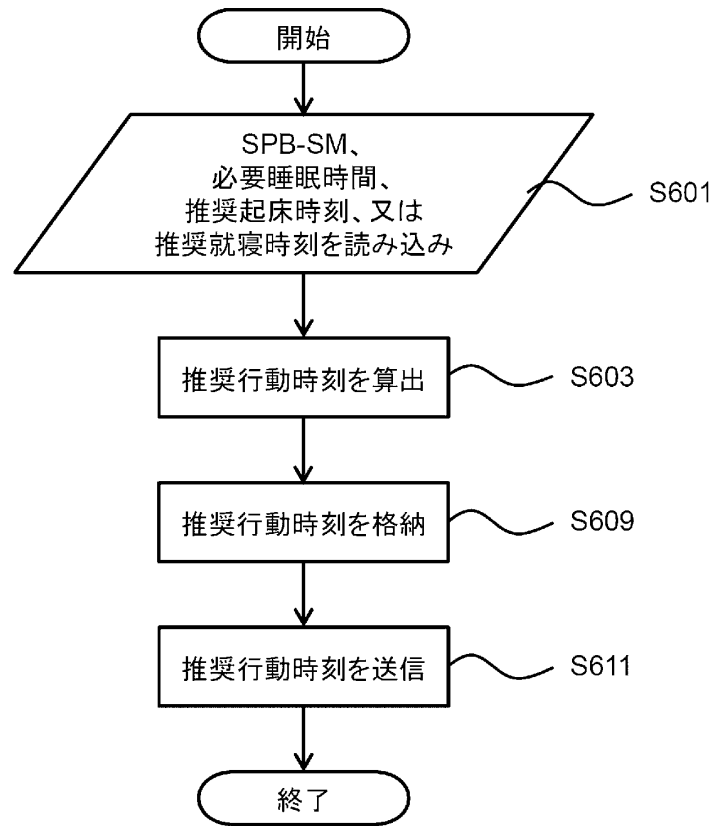
[図11]



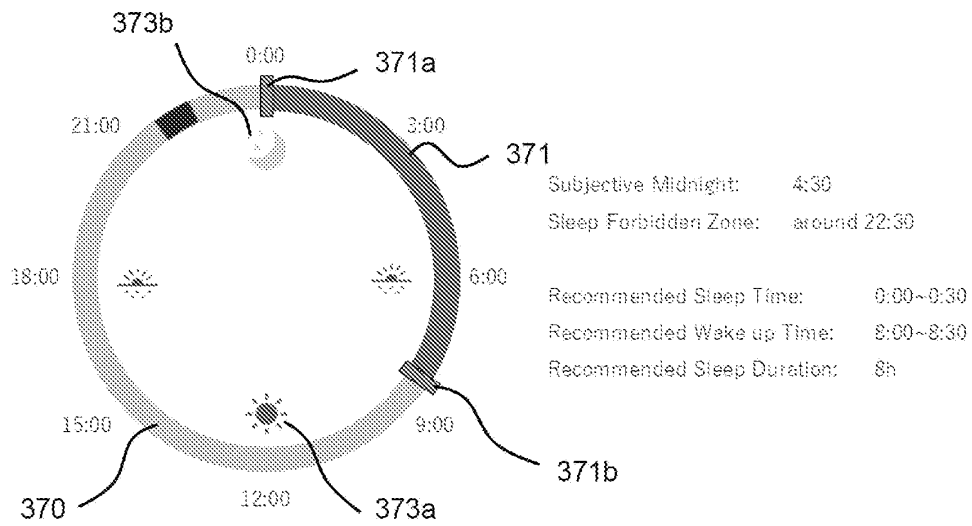
[図12]



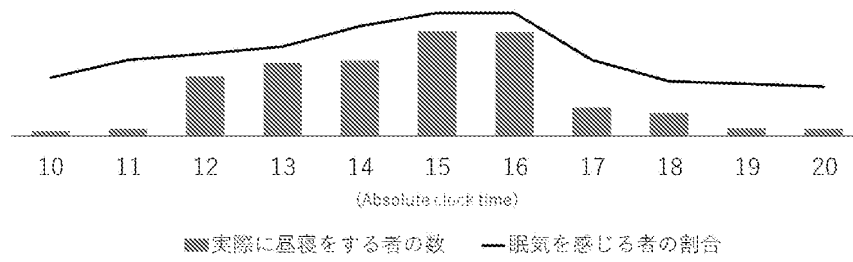
[図13]



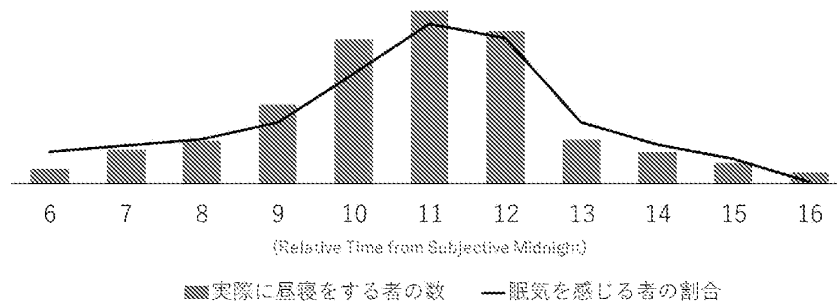
[図14]



[図15]

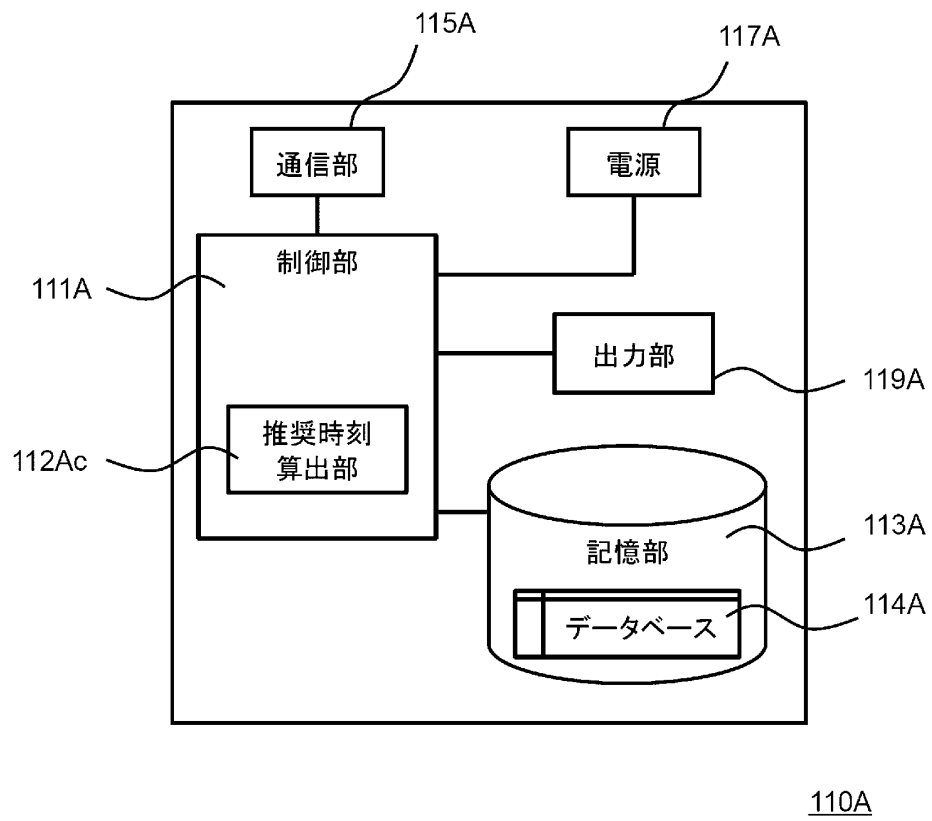


(a)

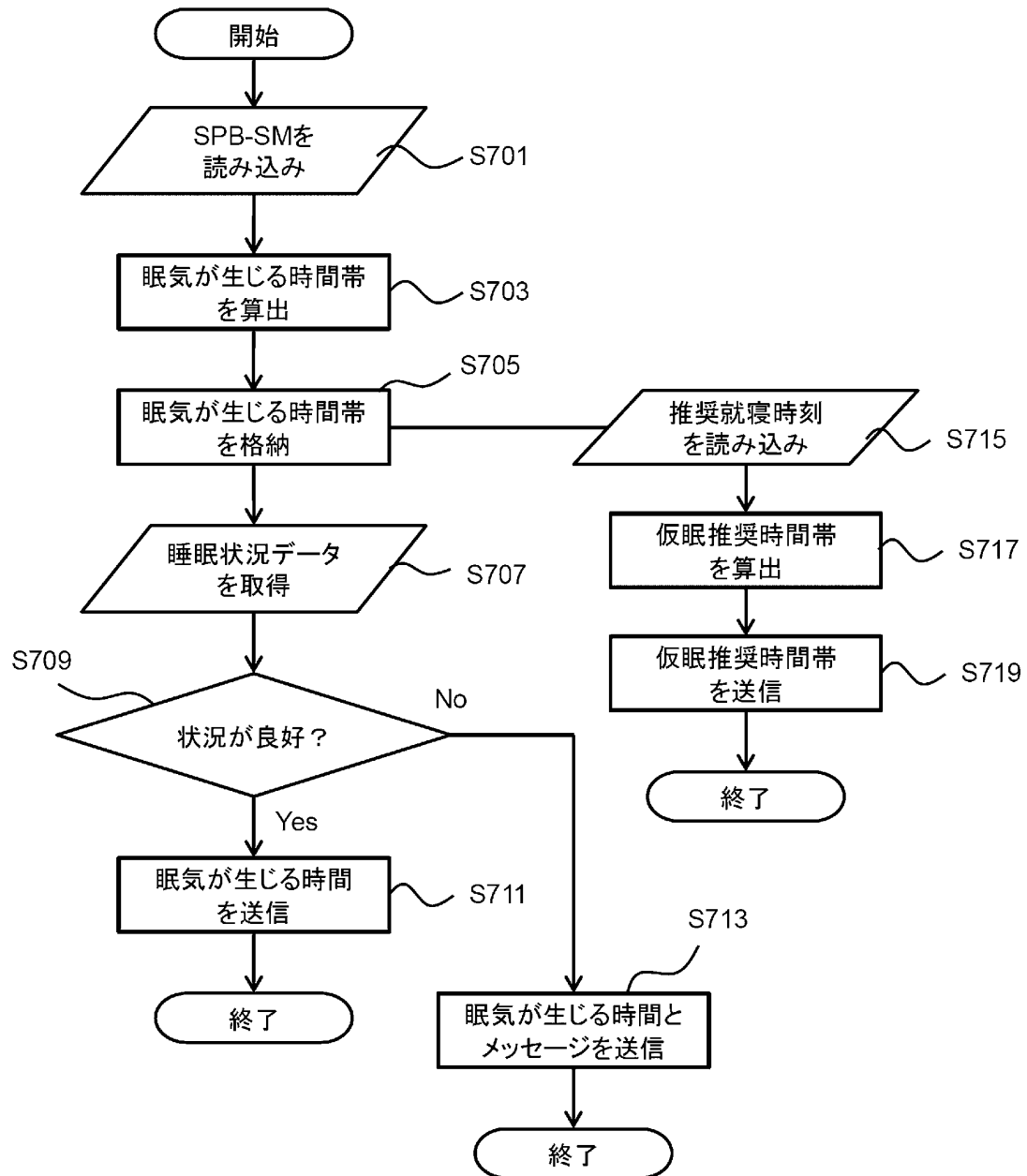


(b)

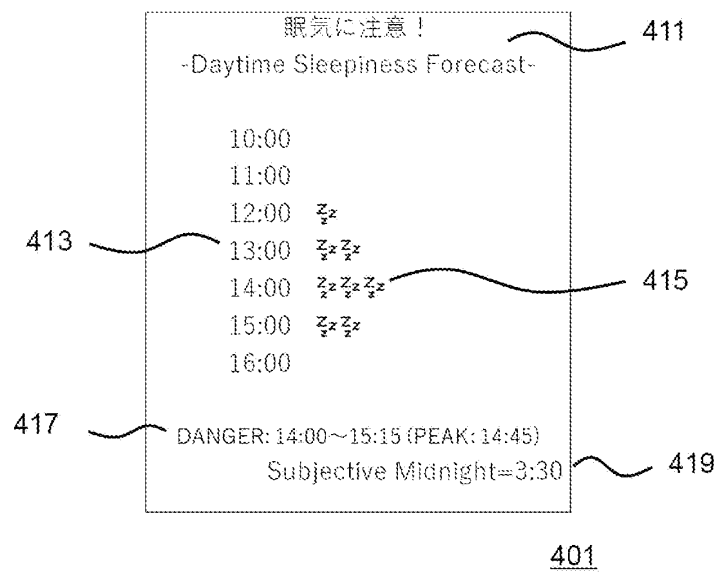
[図16]



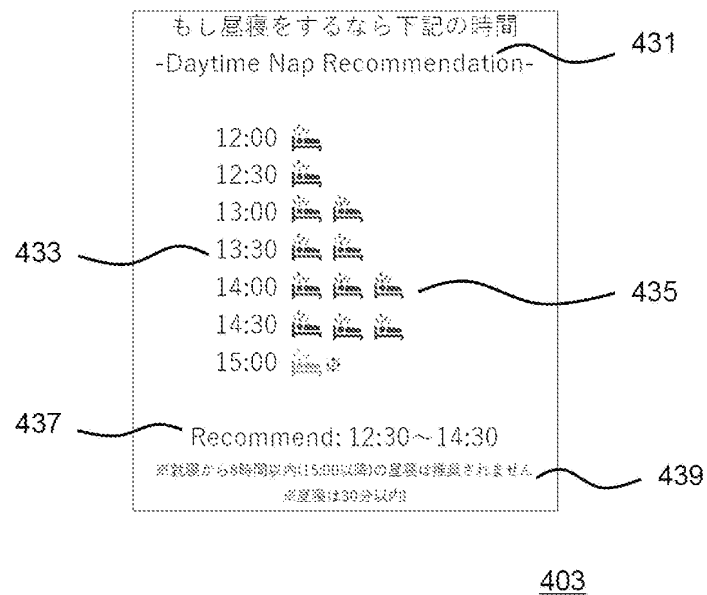
[図17]



[図18]

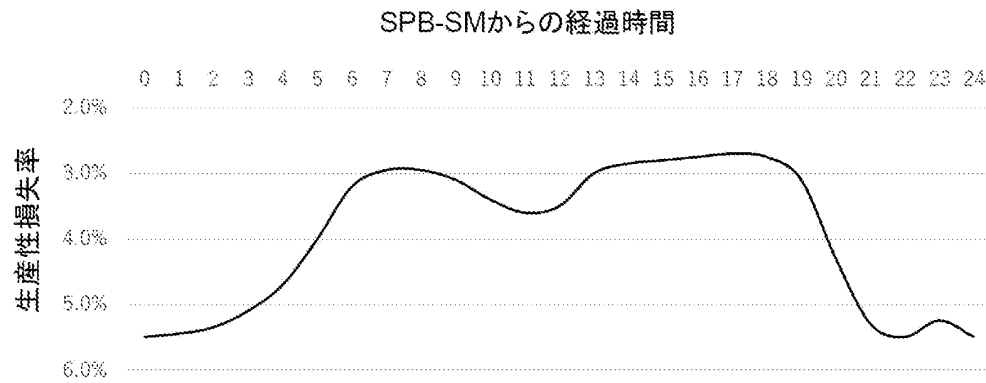


(a)

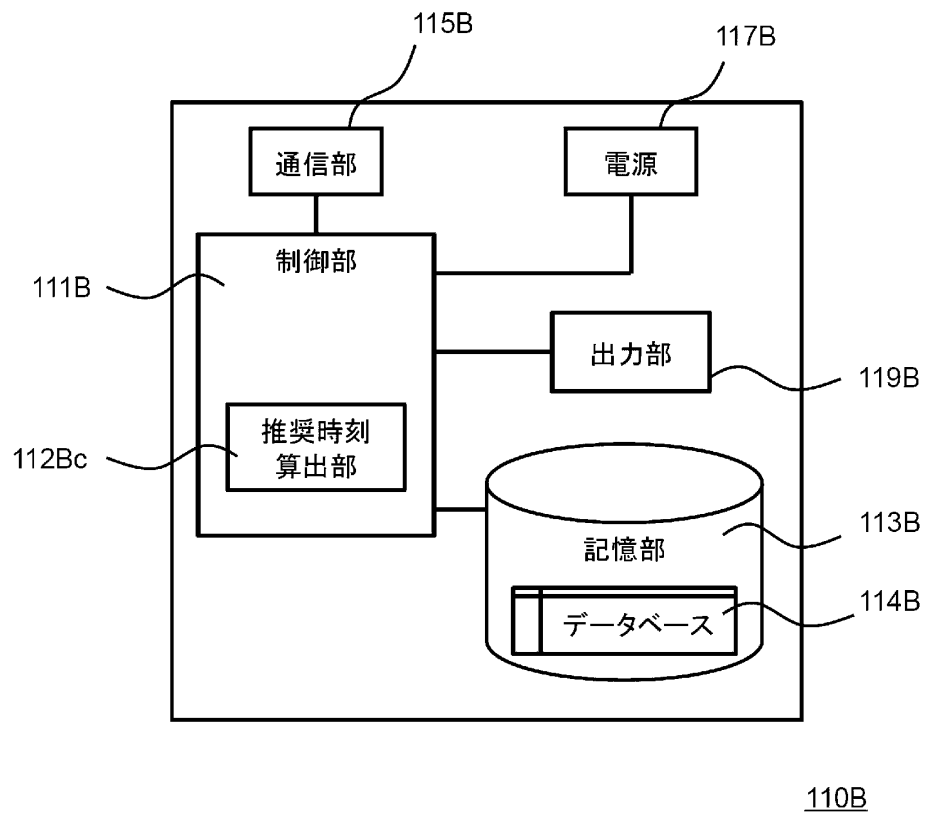


(b)

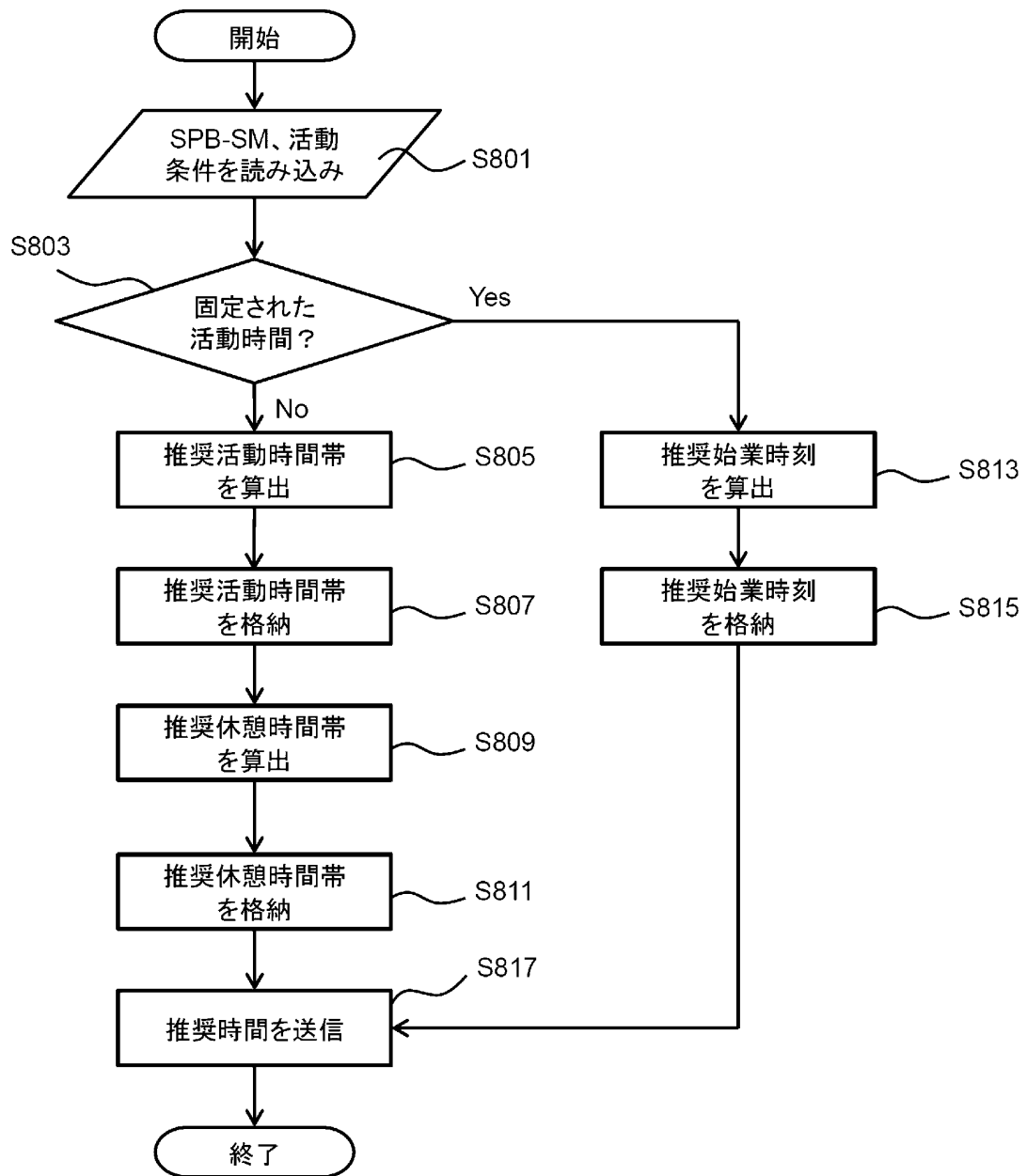
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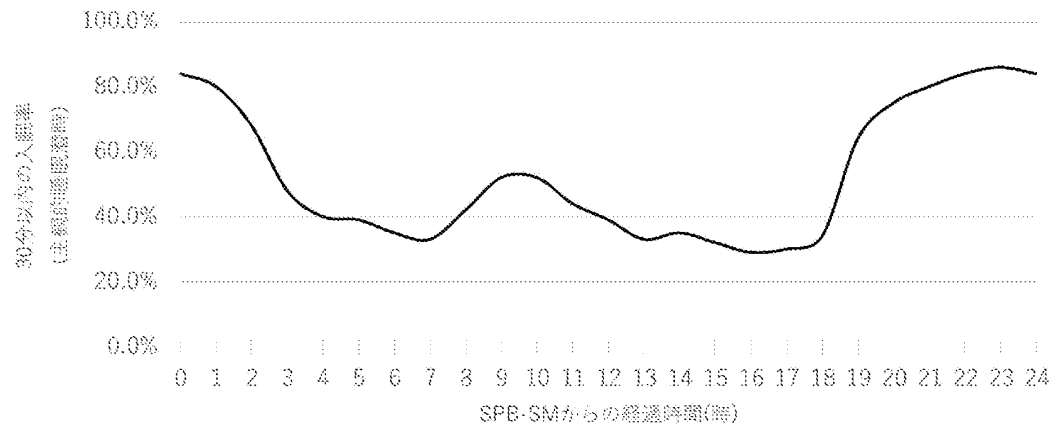
[図20]



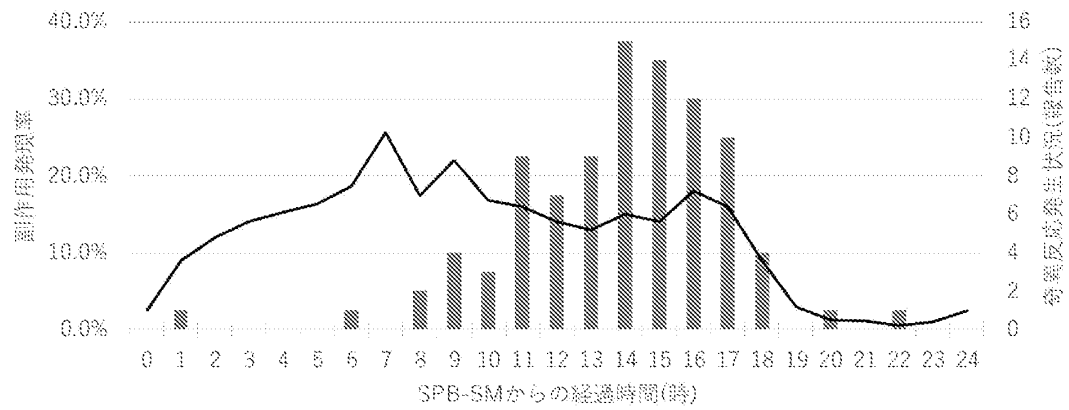
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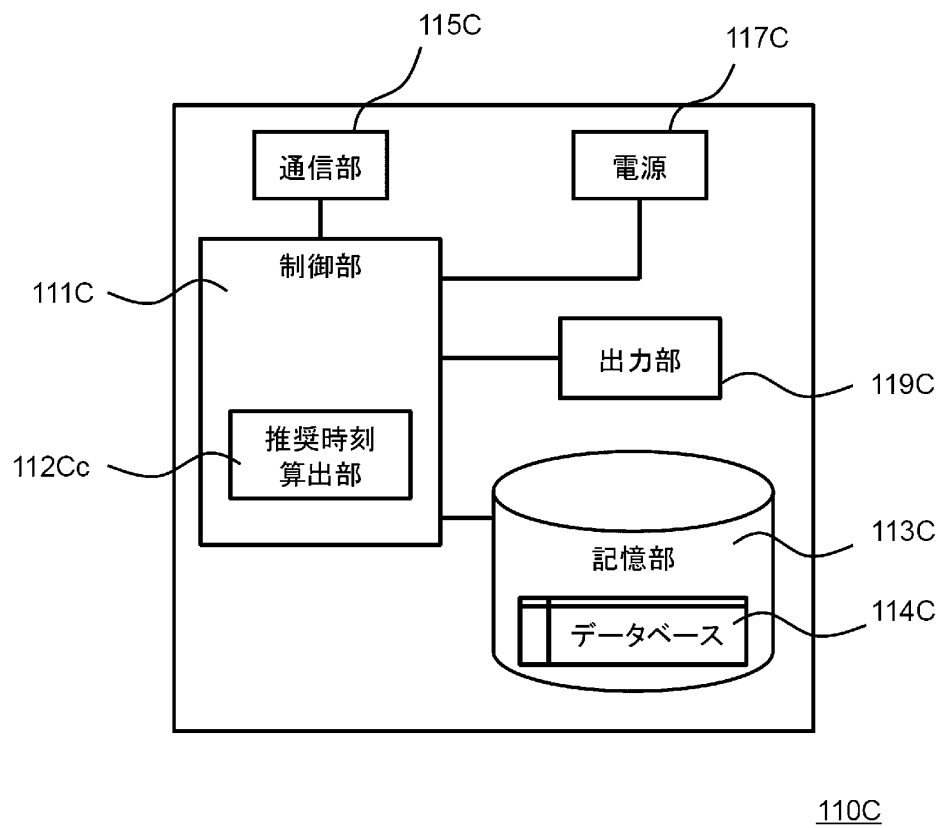
【図22】



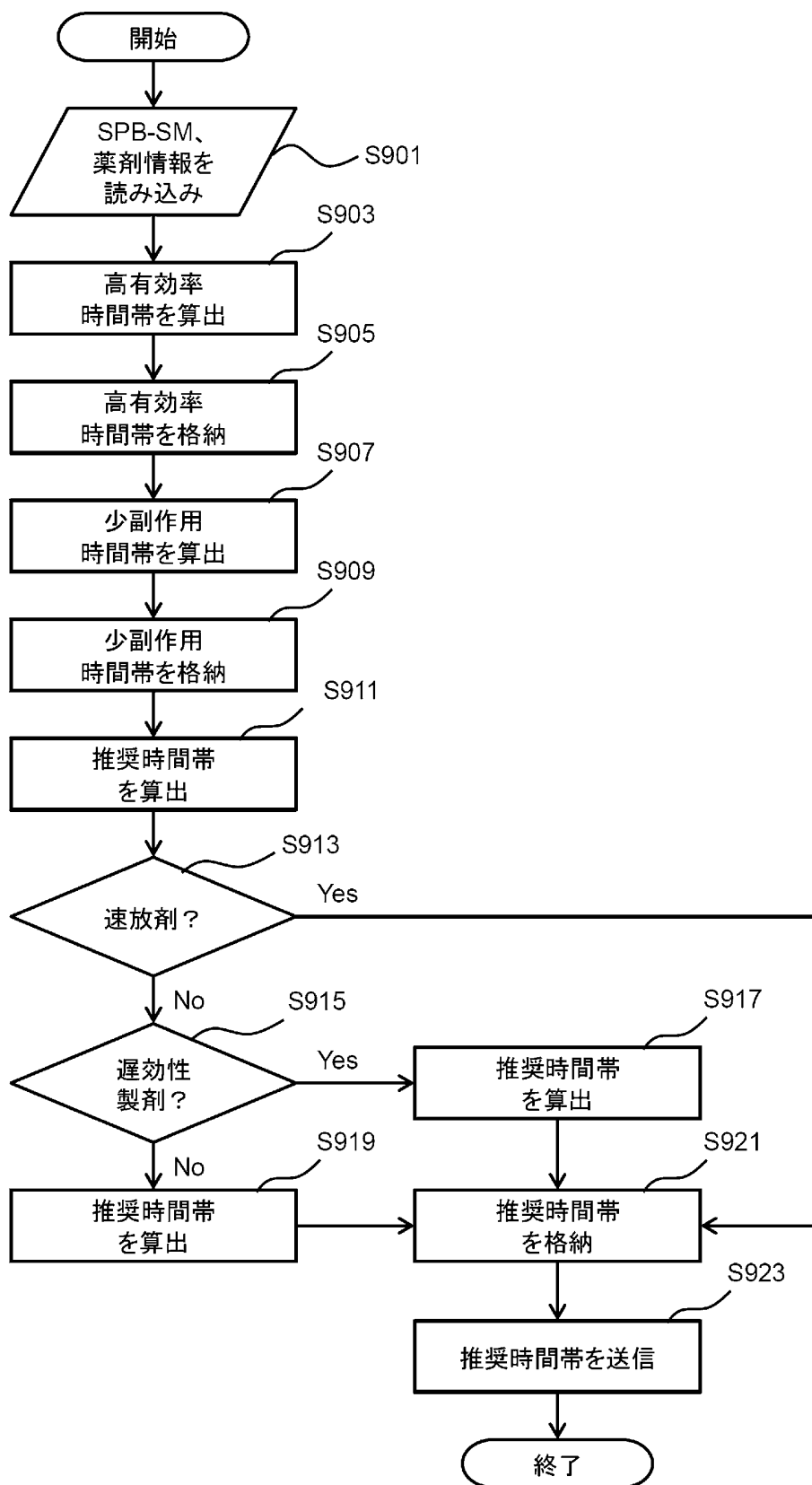
【図23】



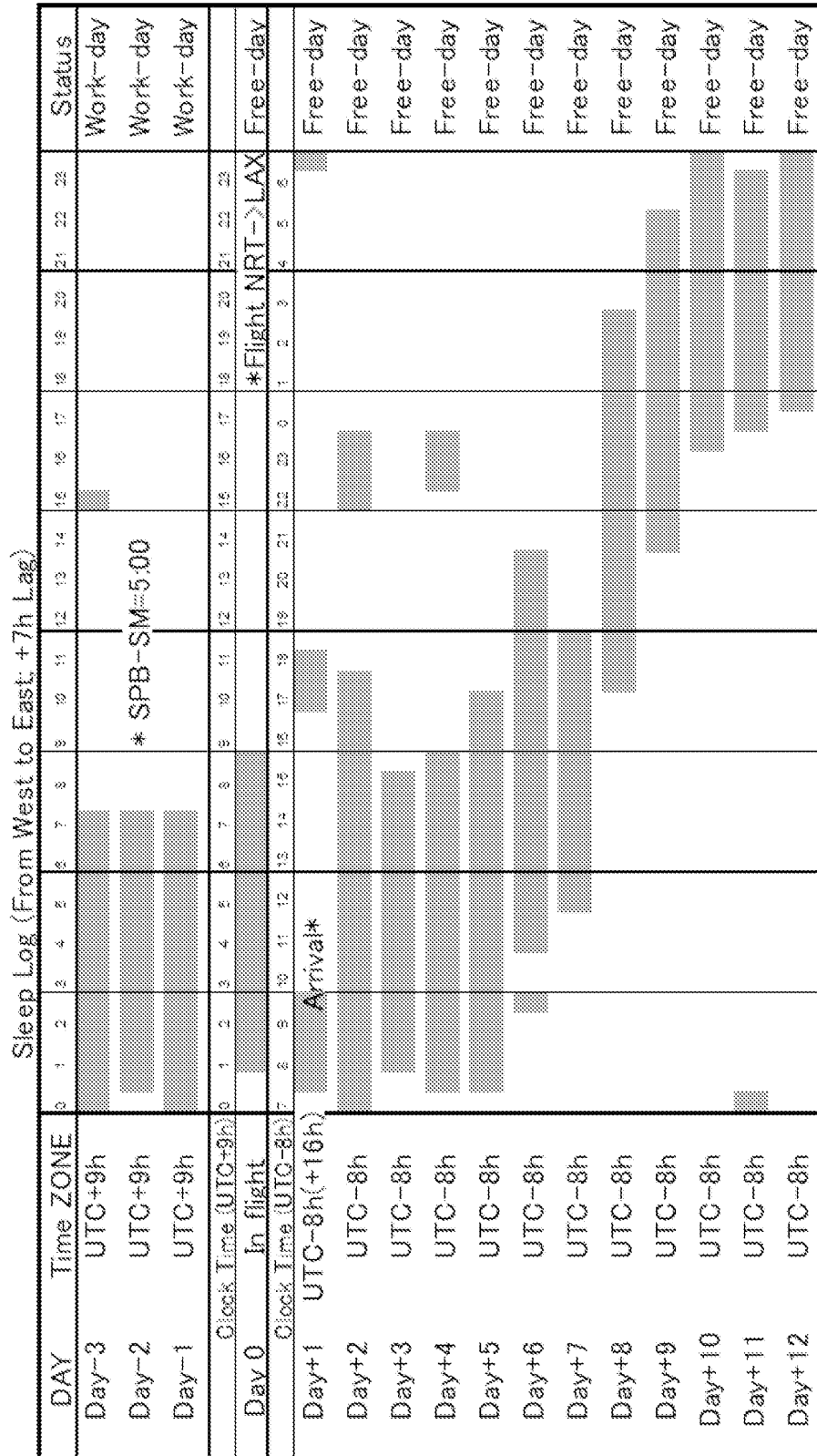
[図24]



[図25]

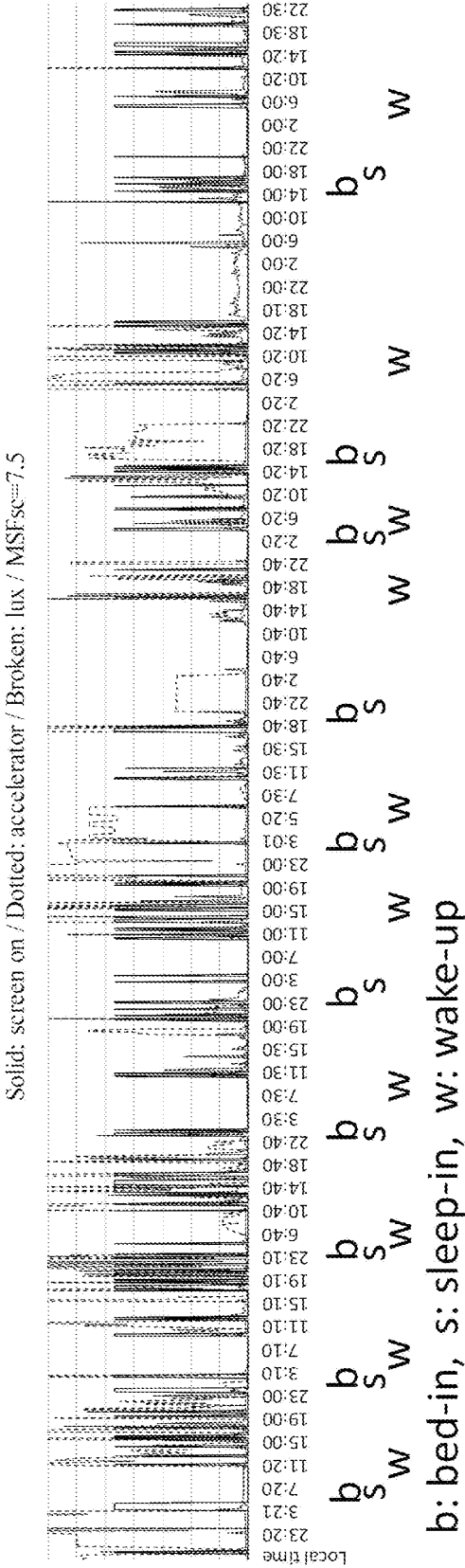


[図26]

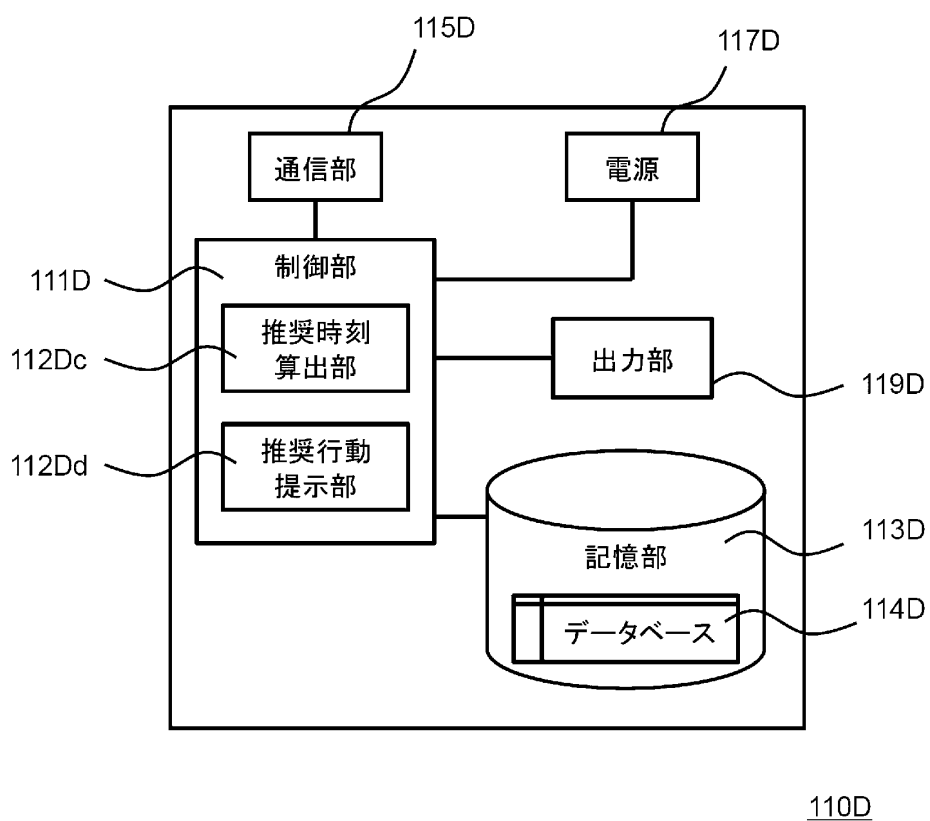


[図27]

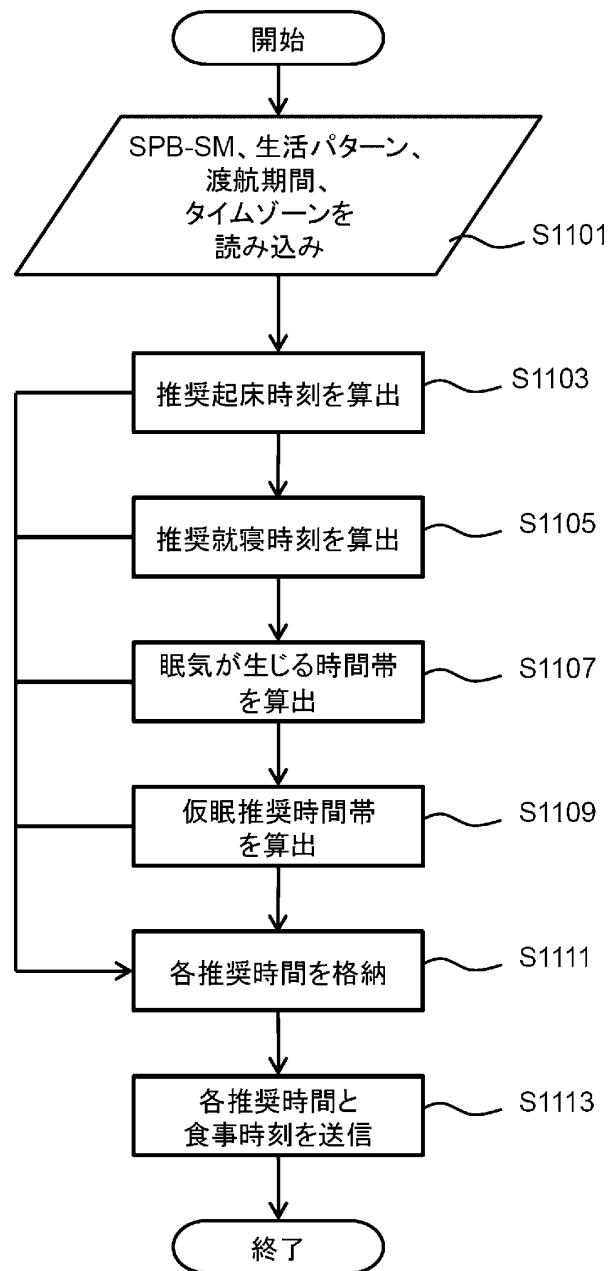
+7h Jet Lag: From West to East; Sleep, Activities, and Light Exposure Log



[図28]

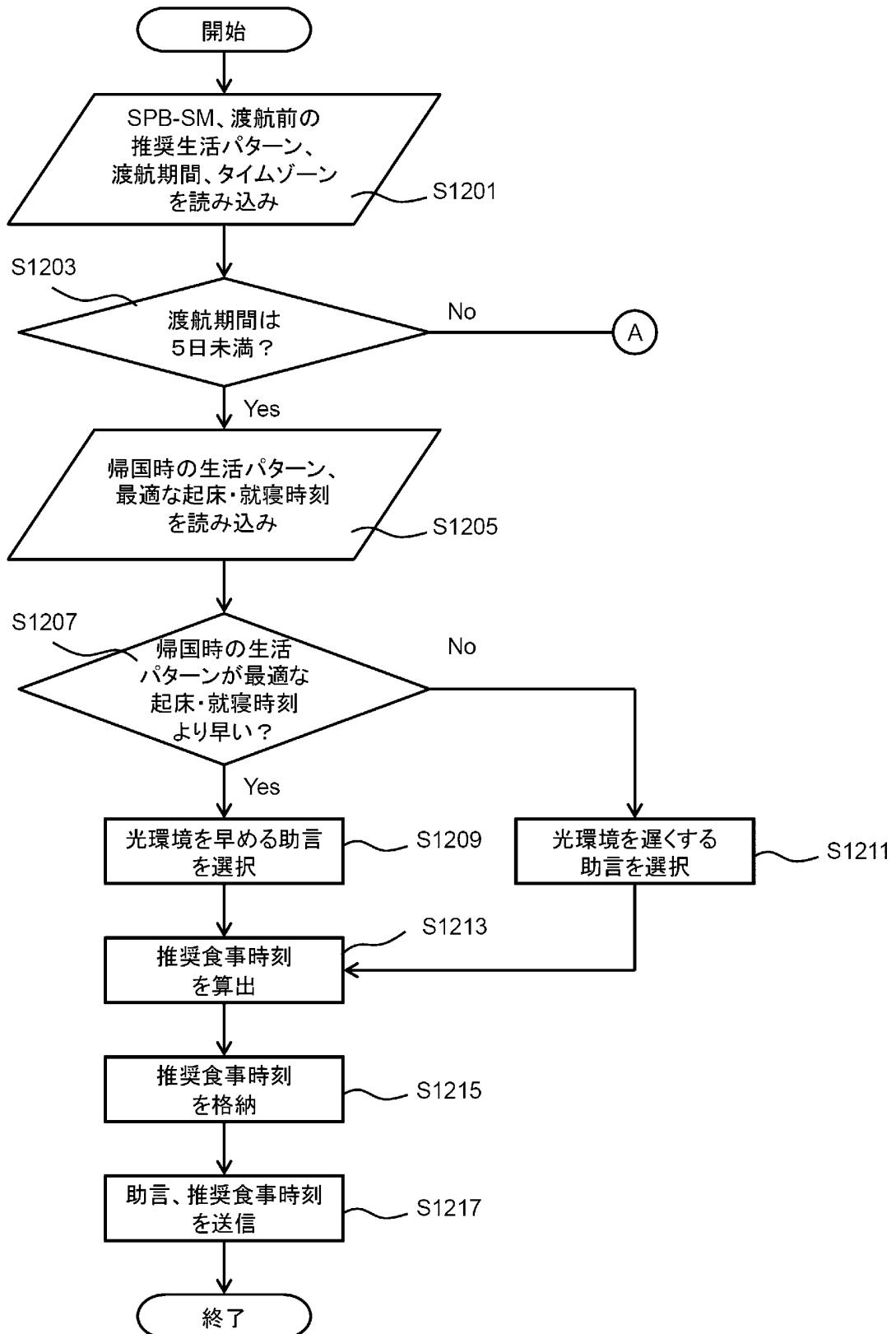


[図29]



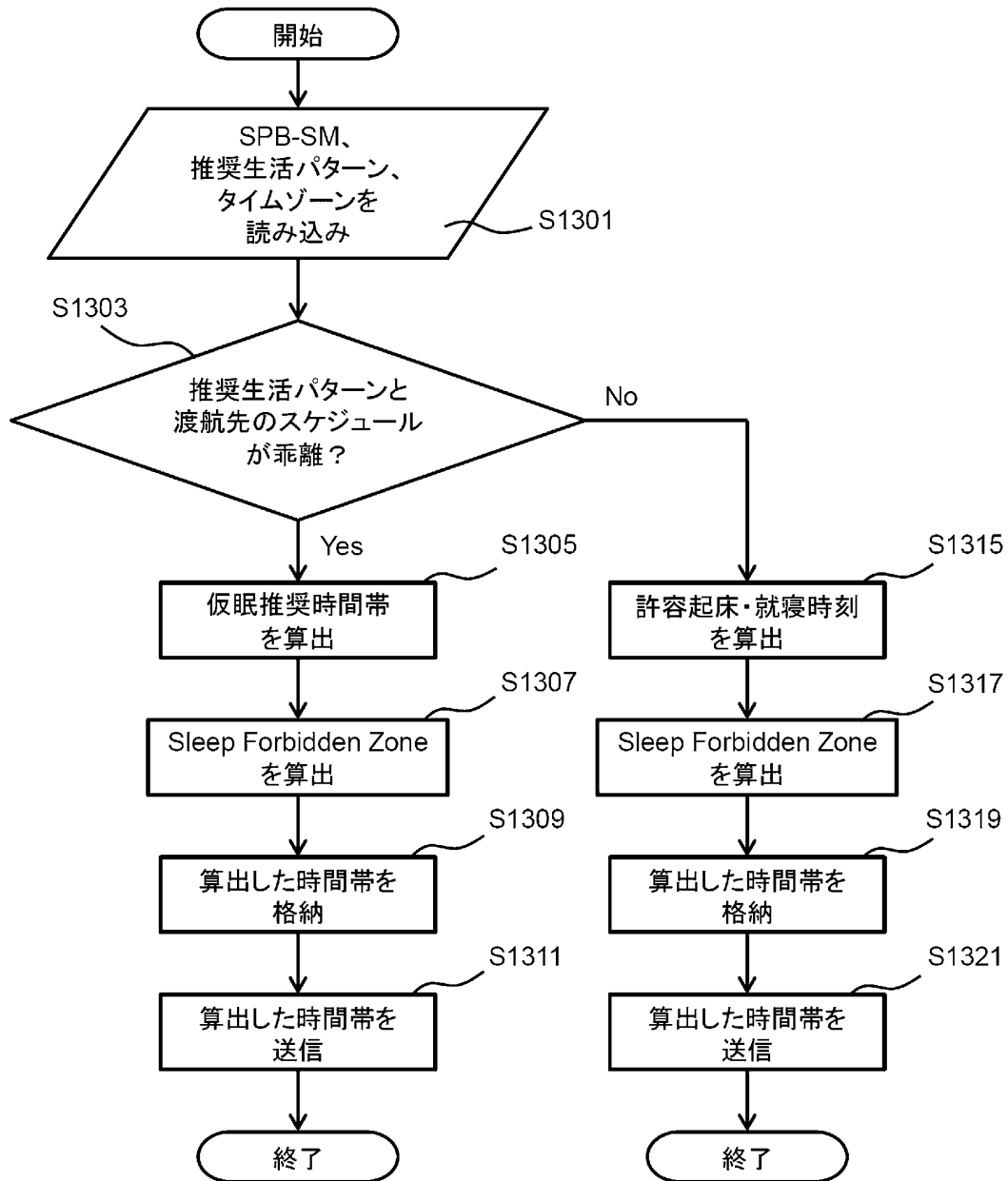


[図32]

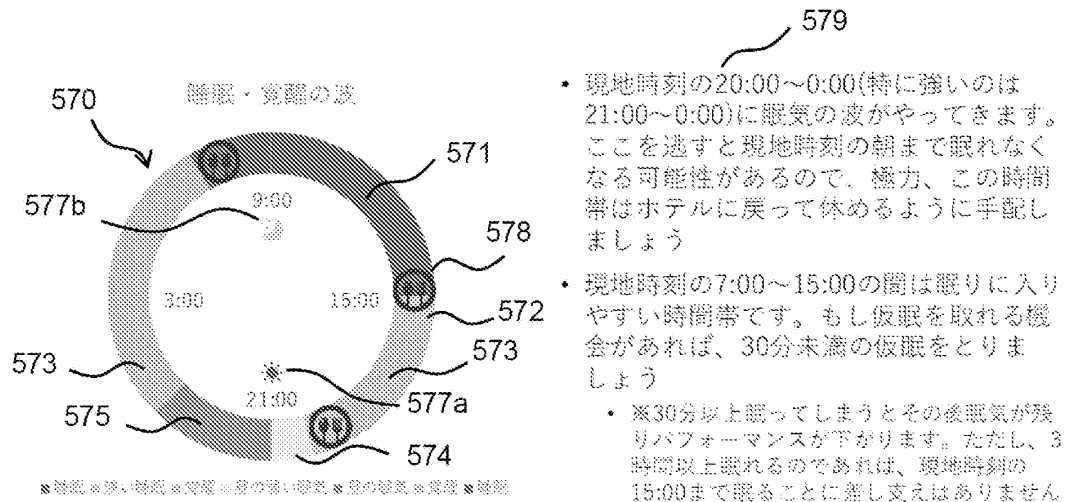




[図34]

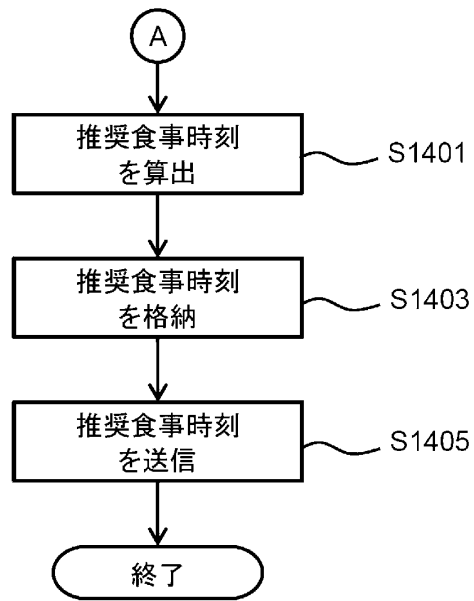


【図35】

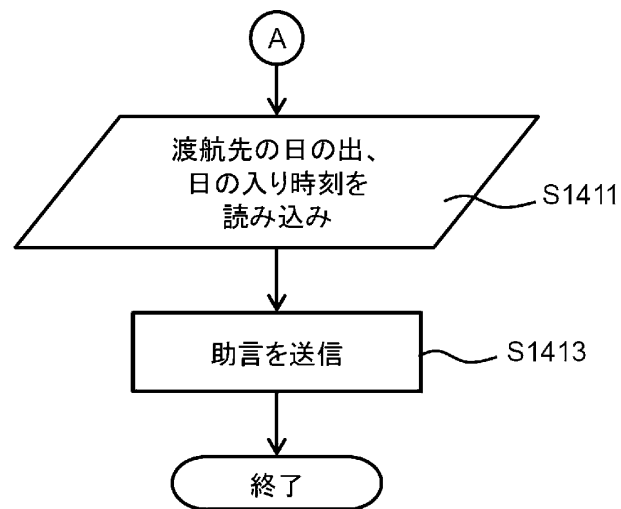


507

[図36]

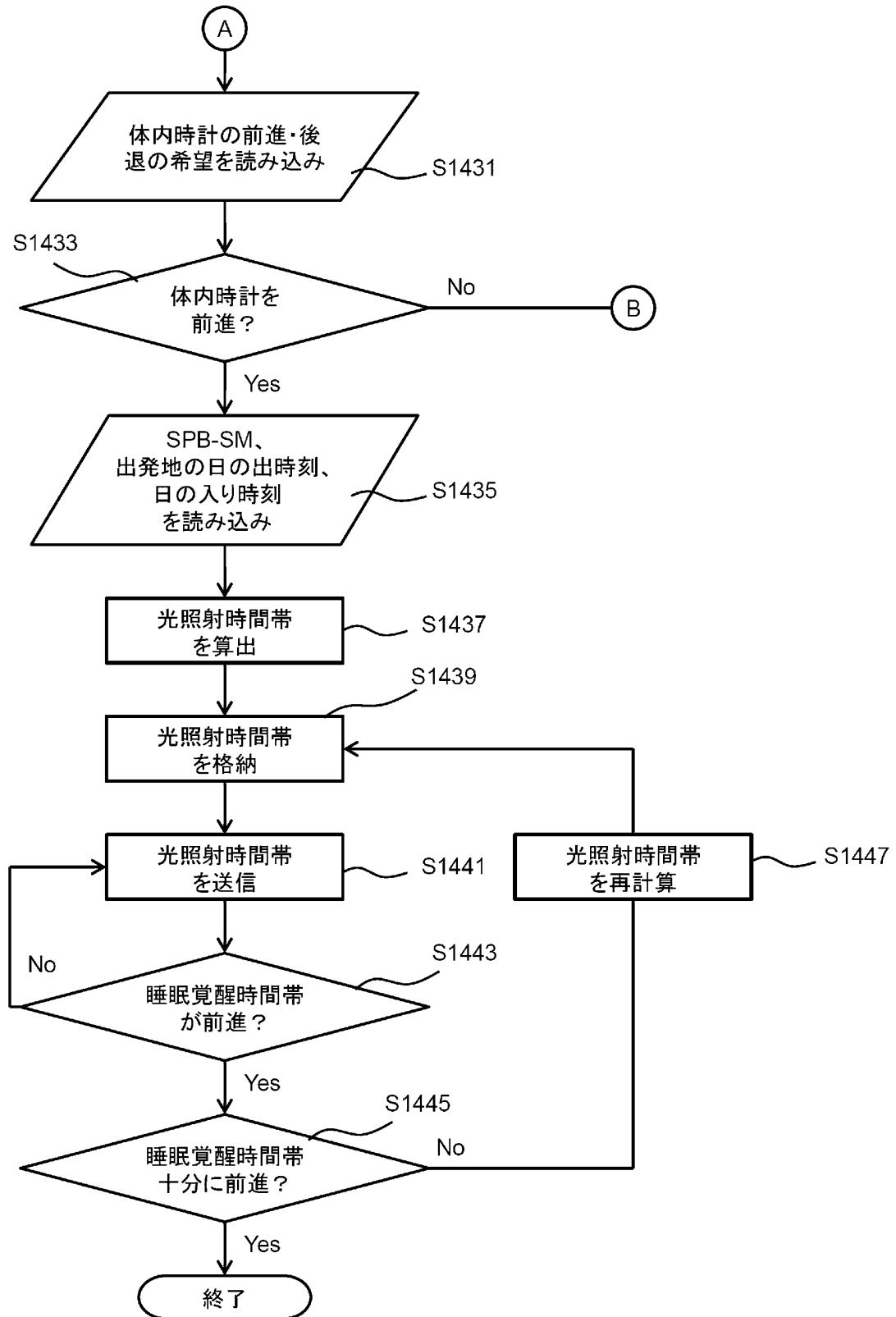


(a)

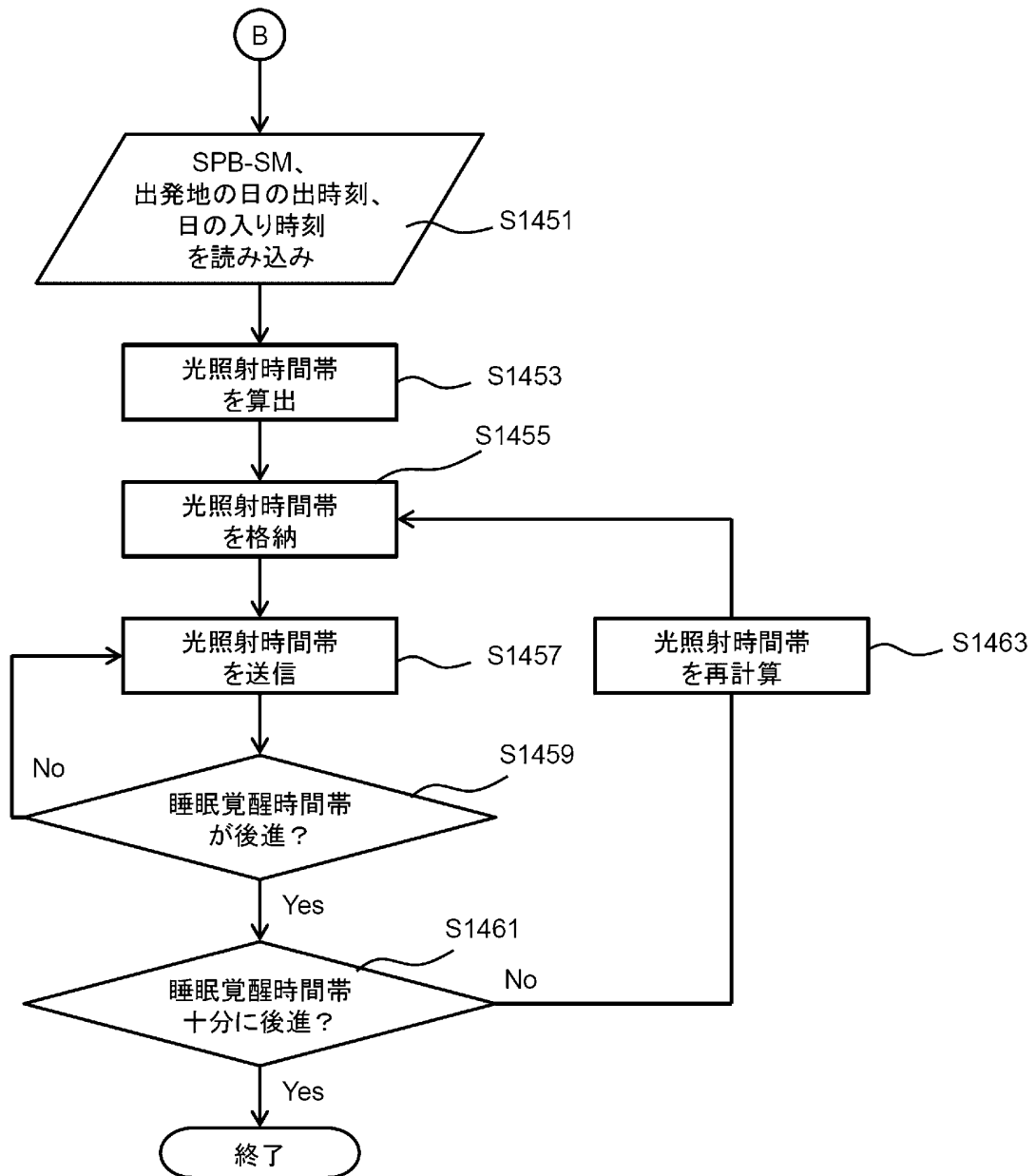


(b)

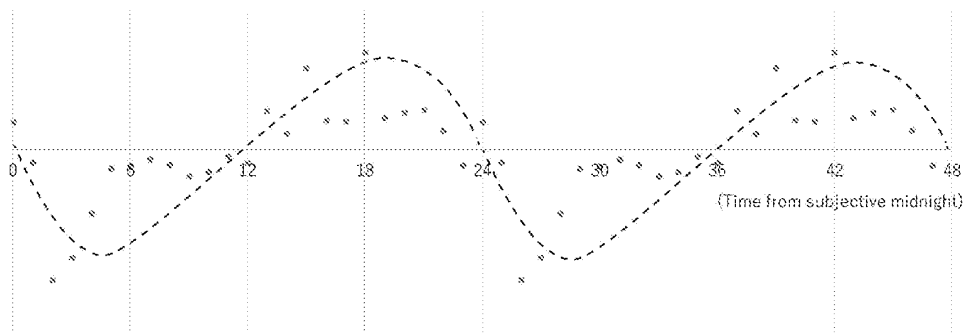
[図37]



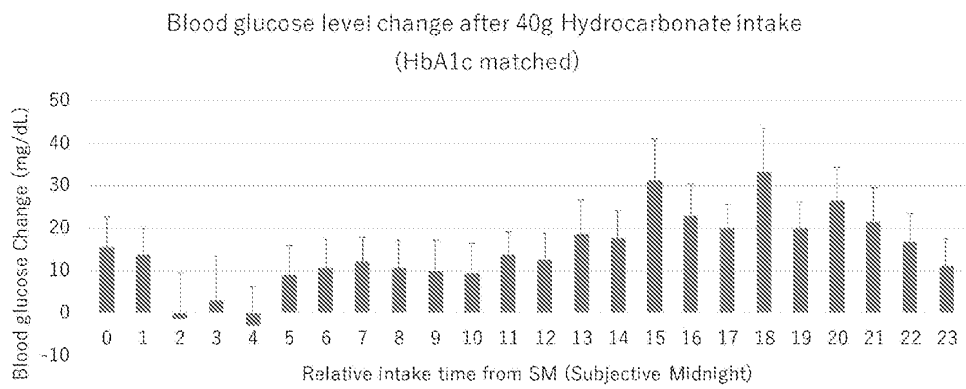
[図38]



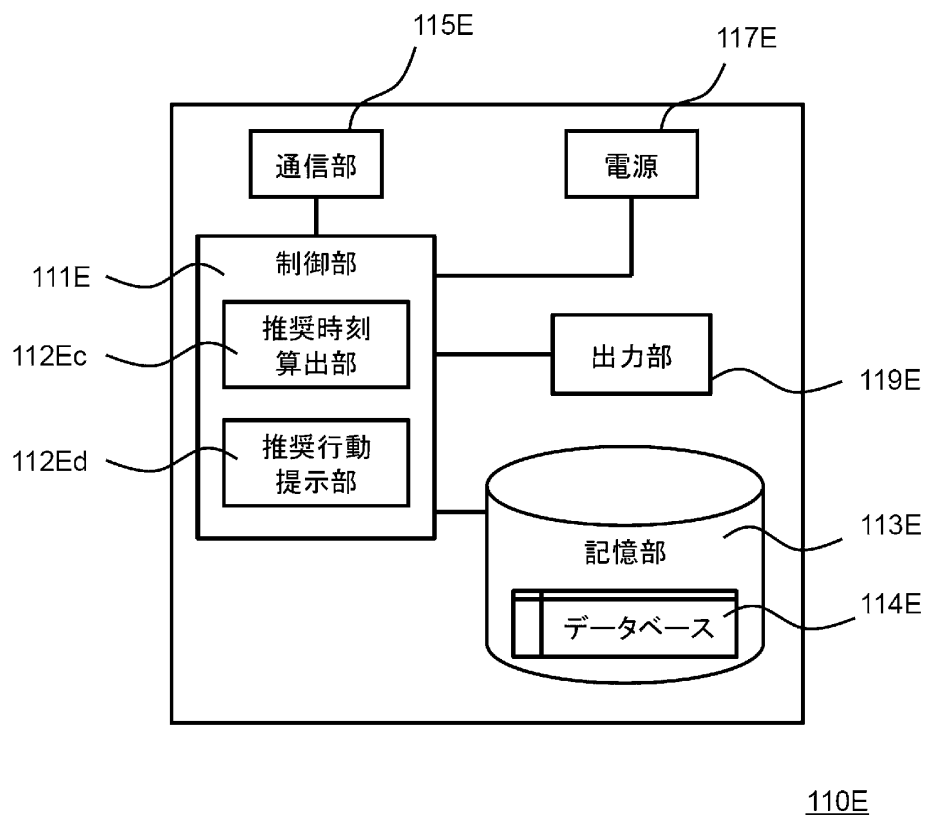
[図39]



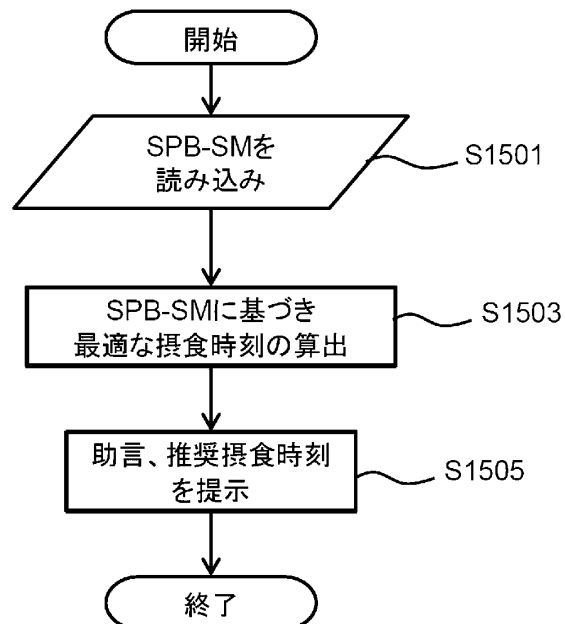
[図40]



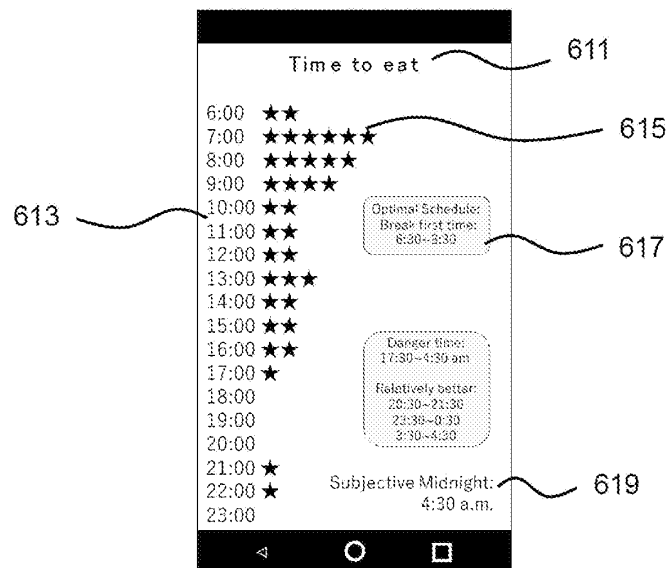
[図41]



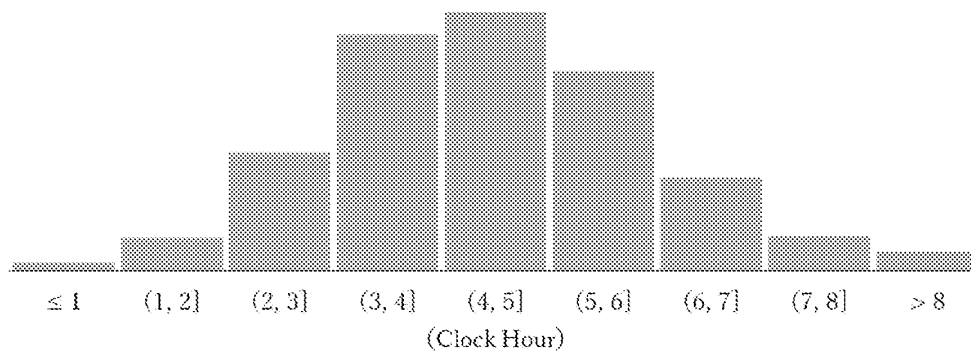
[図42]



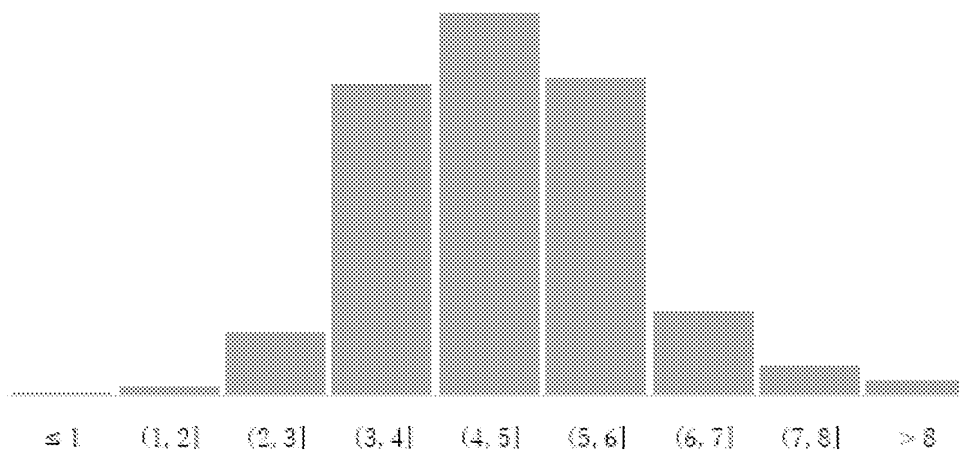
[図43]

601

[図44]



(a)



(b)