

FIG. 1

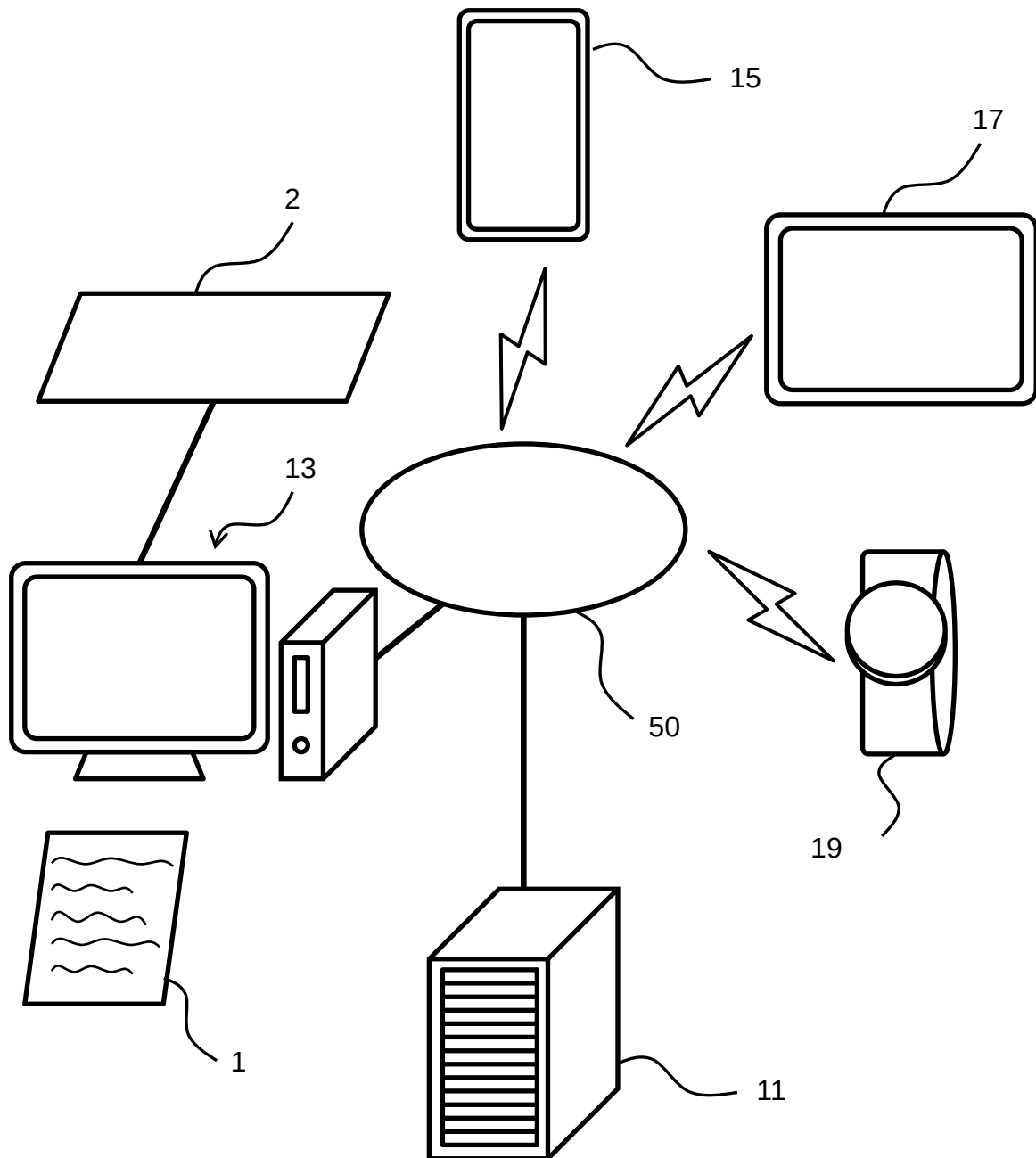


FIG. 2

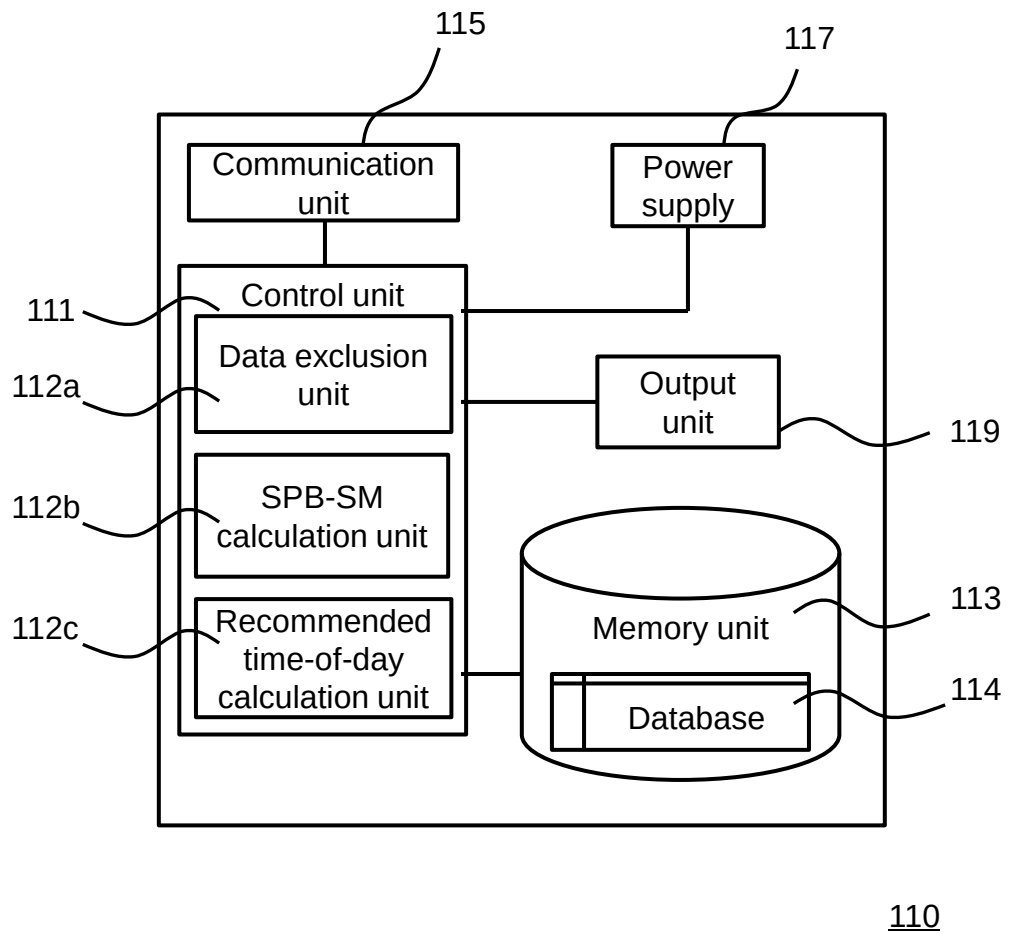


FIG. 3

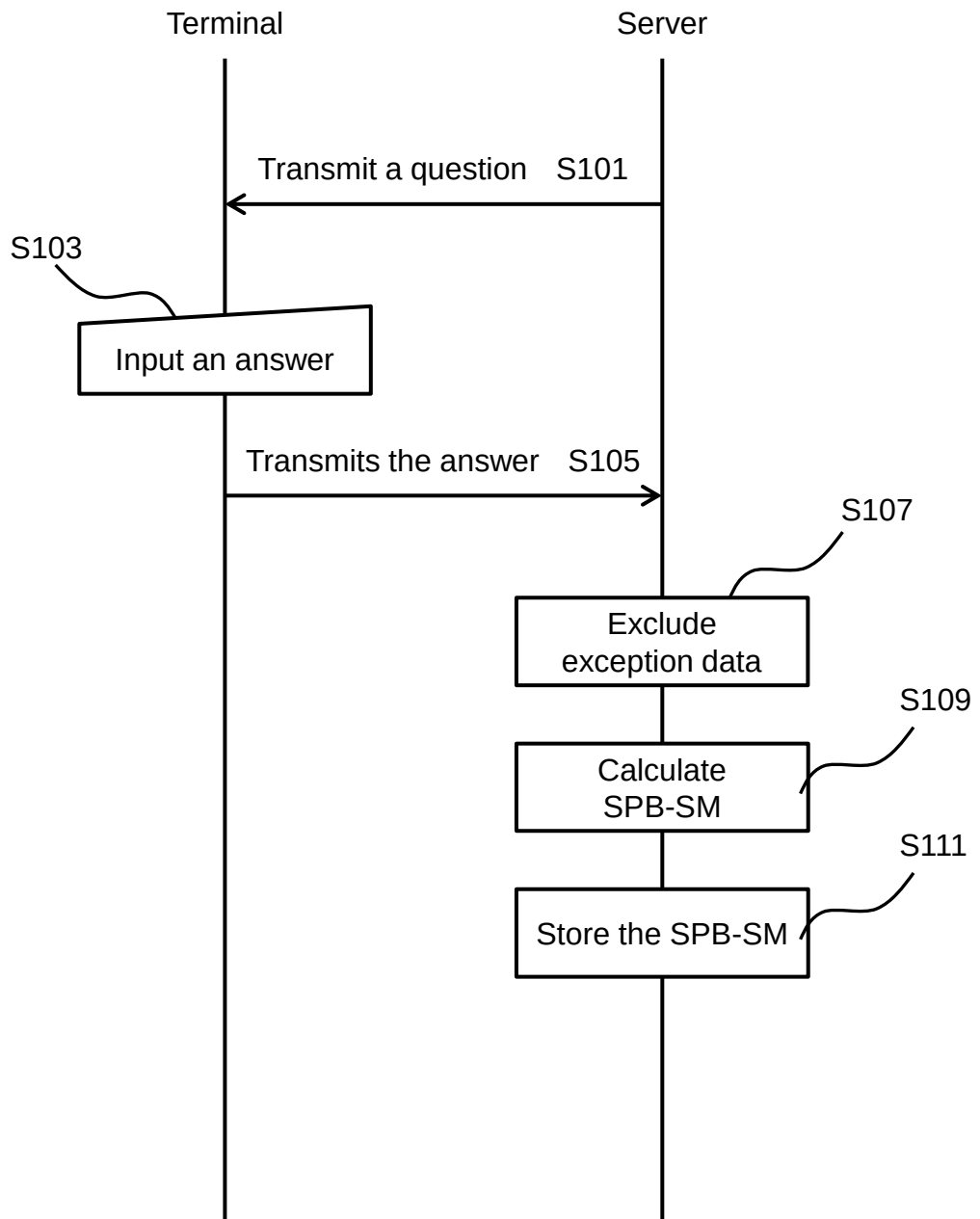


FIG. 4

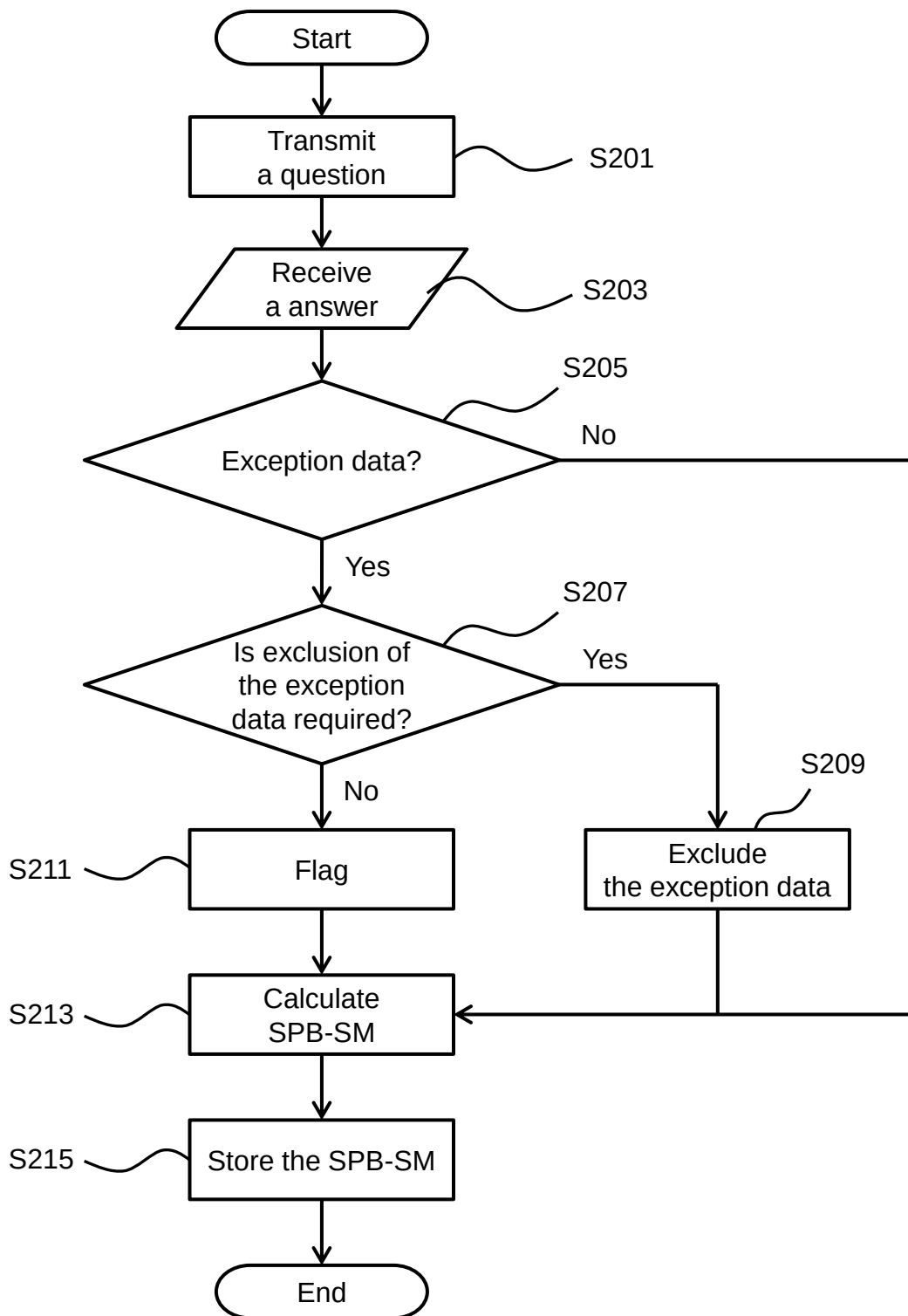


FIG. 5

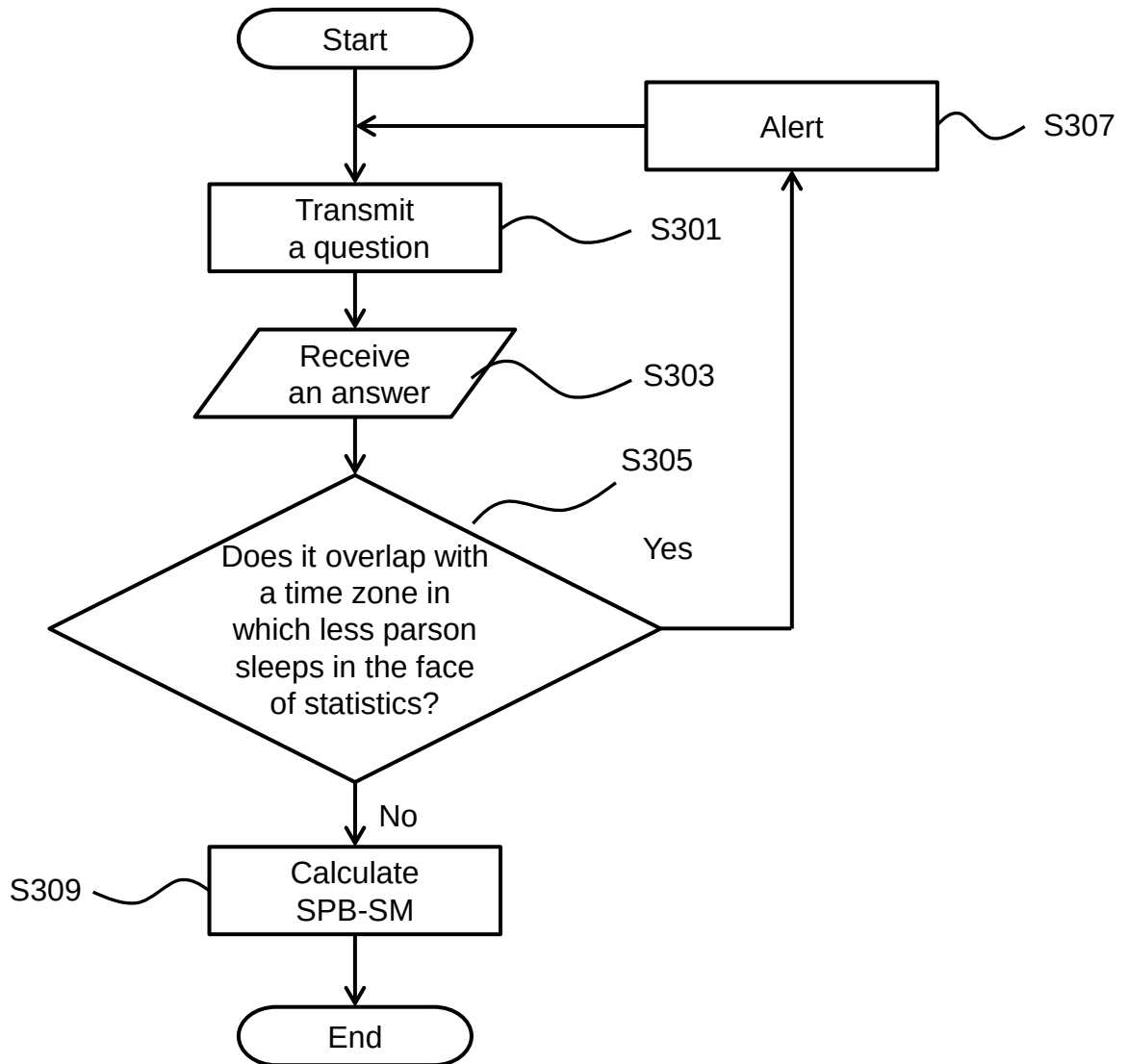
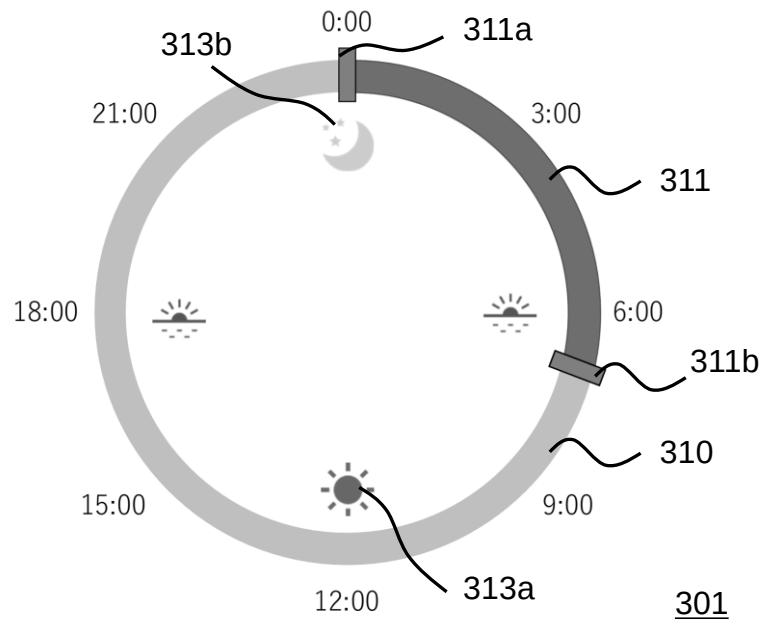
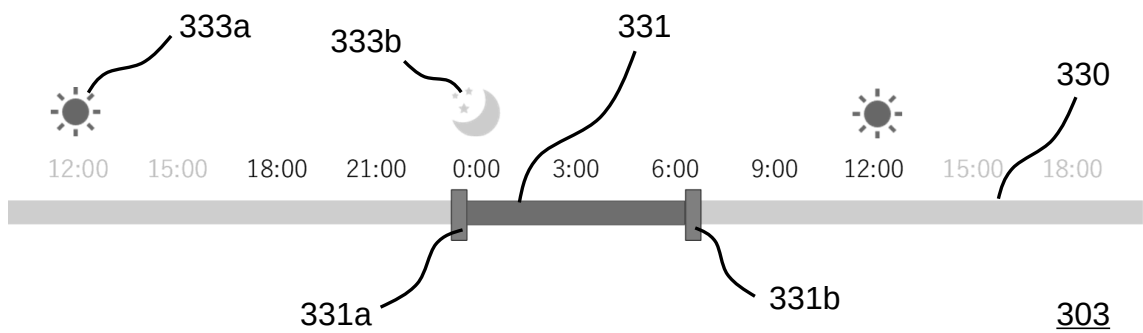


FIG. 6



(a)



(b)

FIG. 7

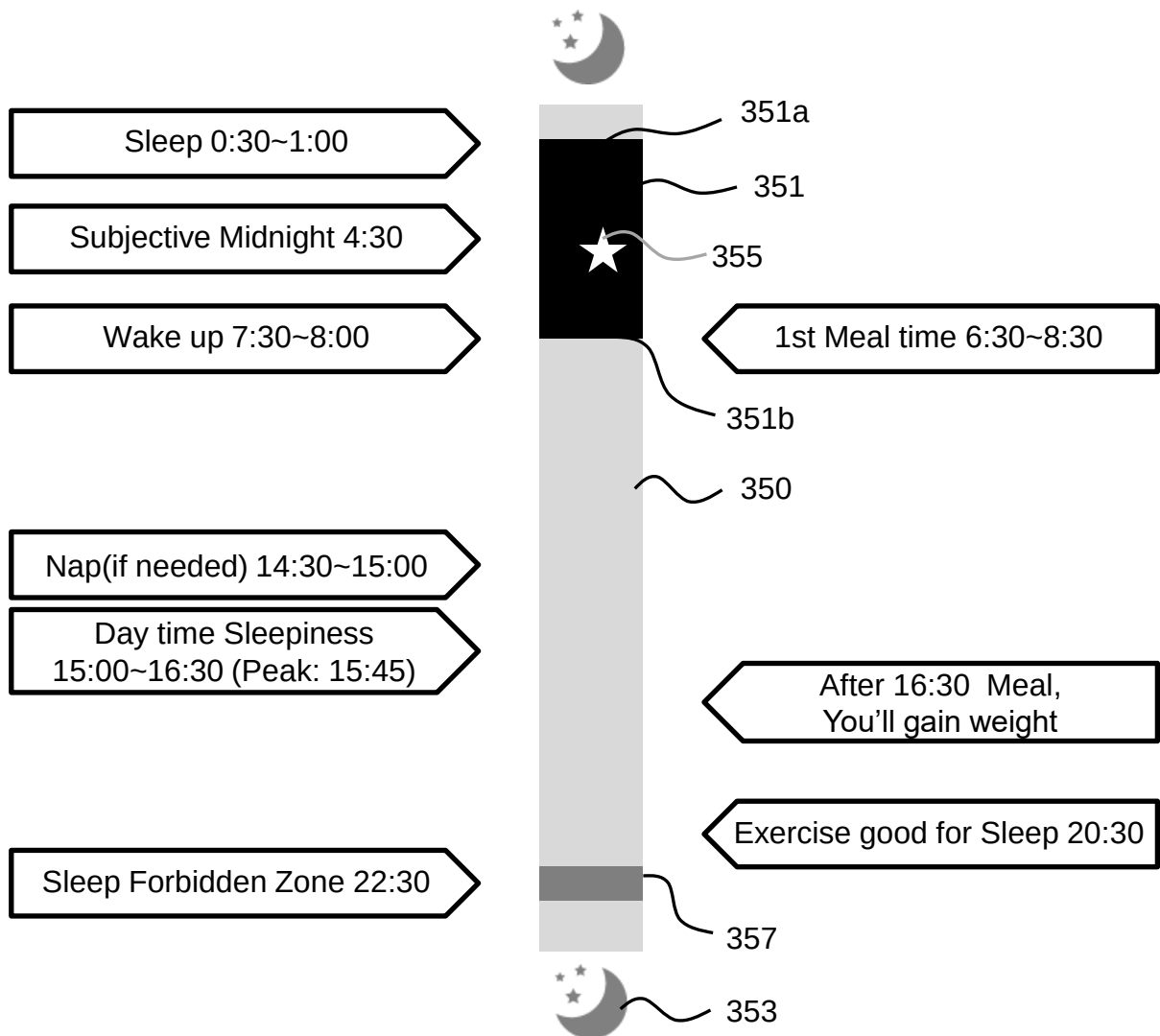


FIG. 8

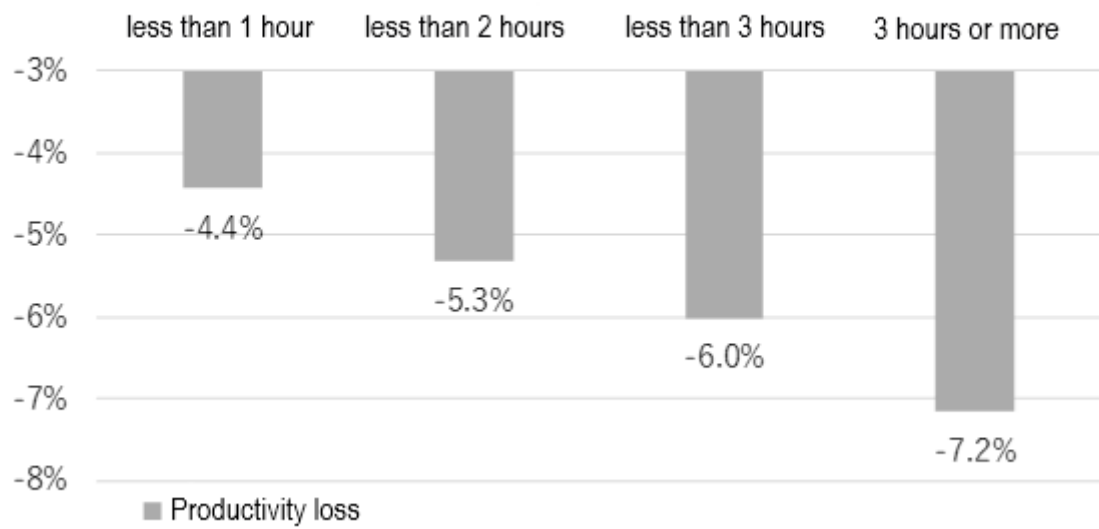


FIG. 9

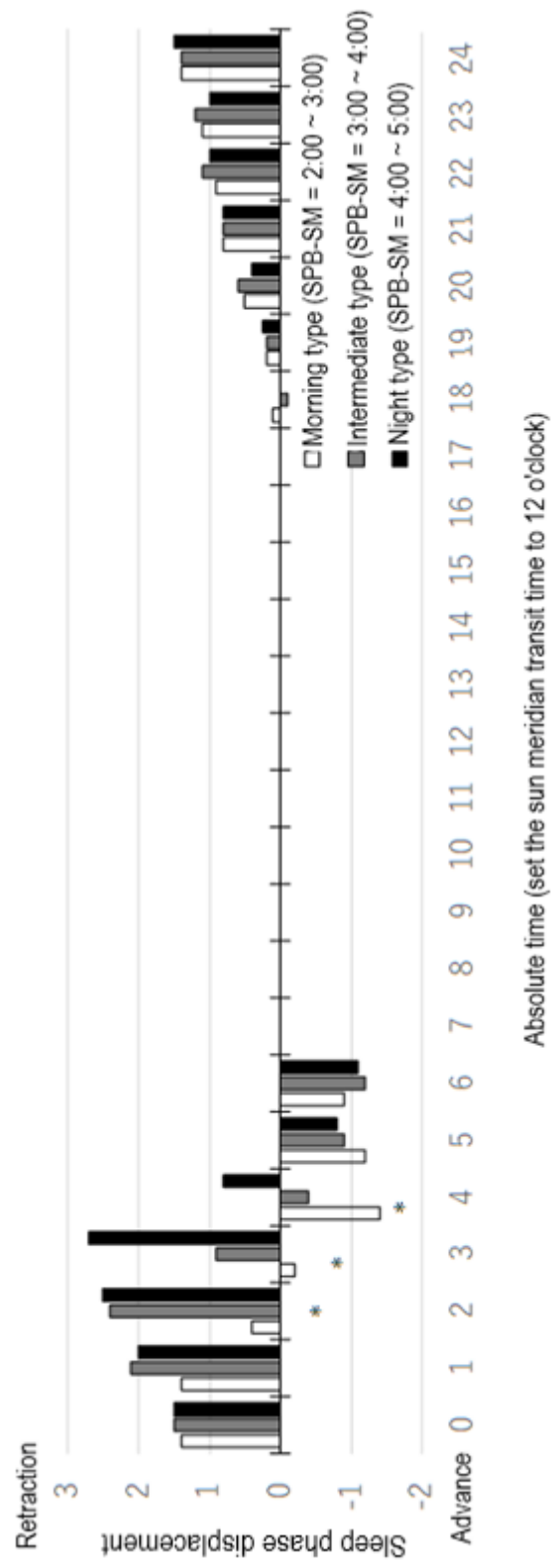


FIG. 10

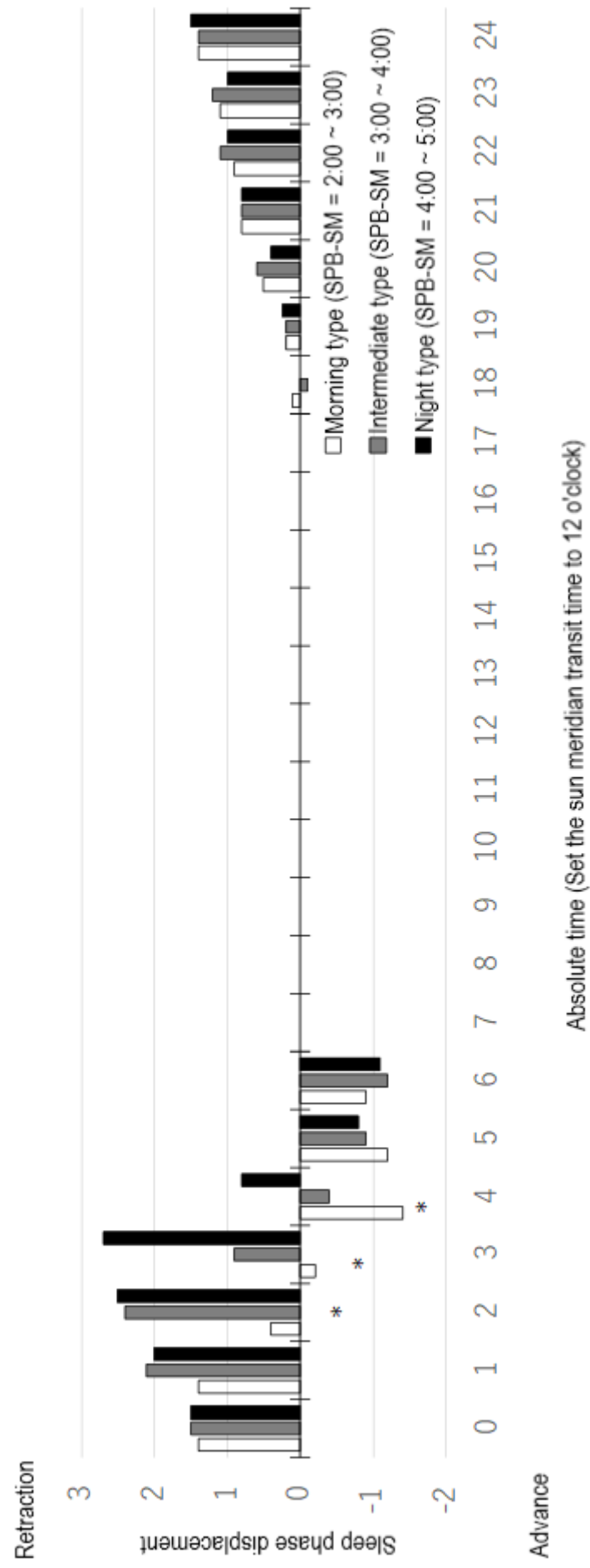


FIG. 11

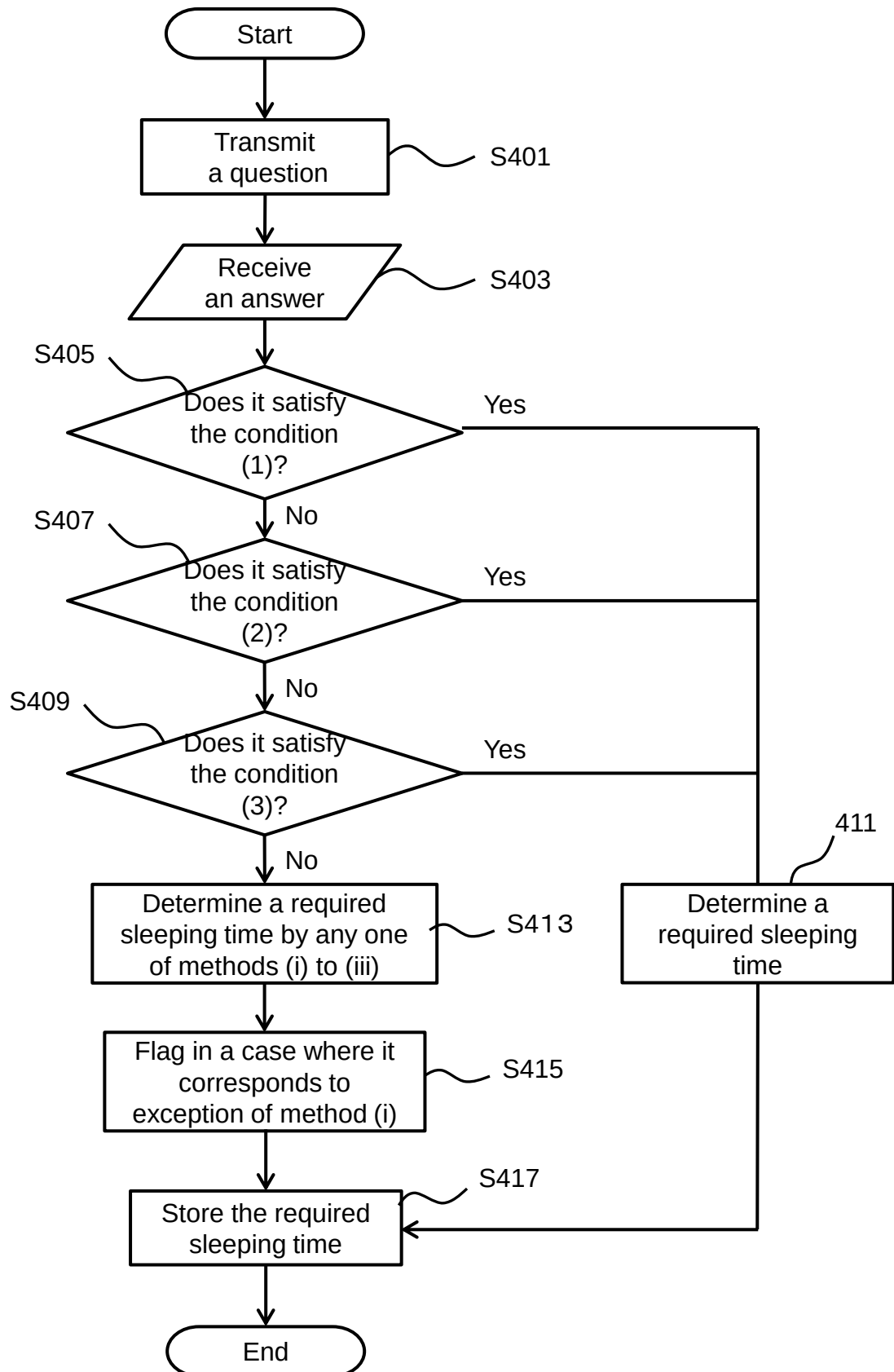


FIG. 12

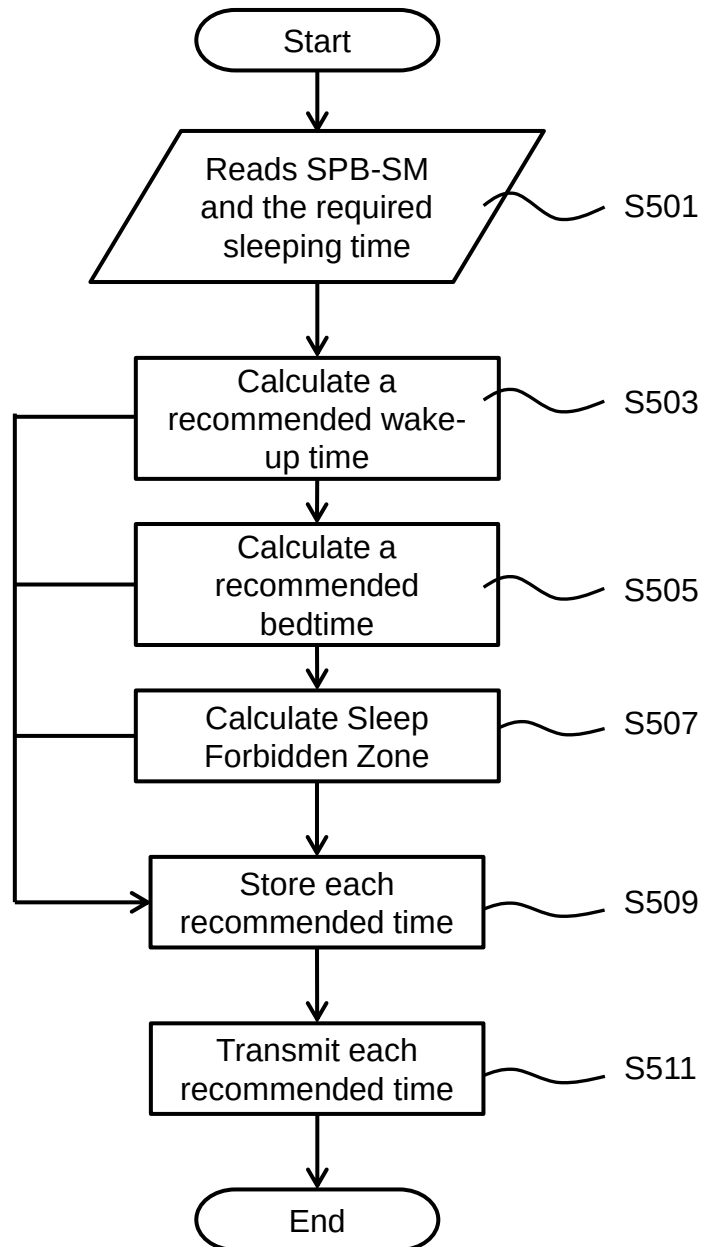


FIG. 13

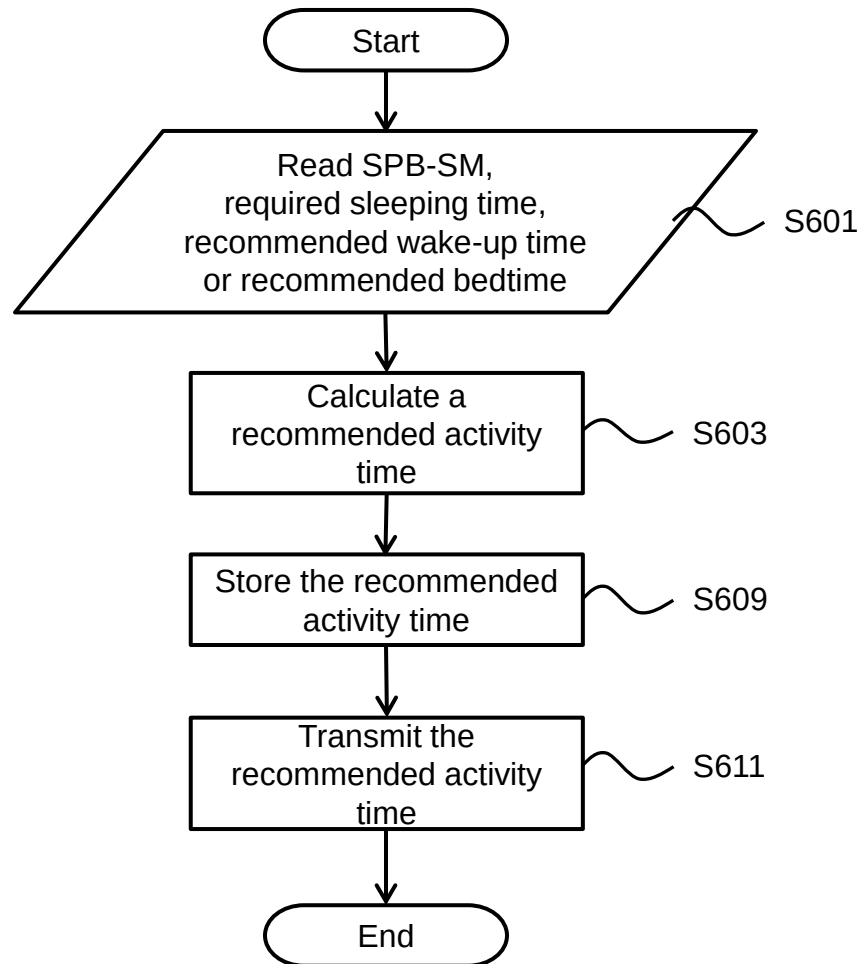


FIG. 14

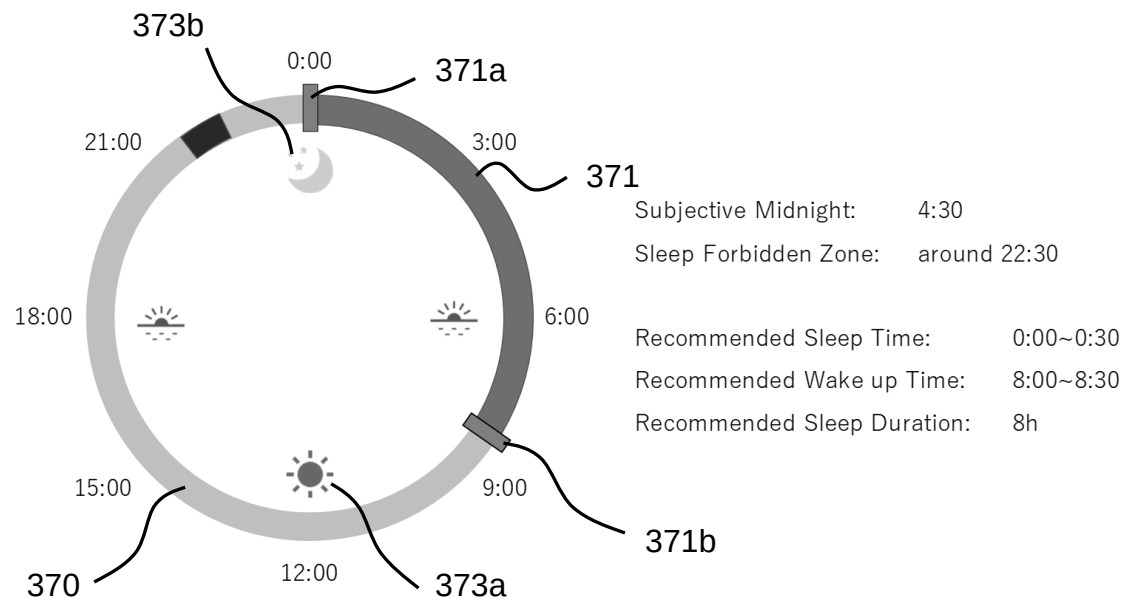
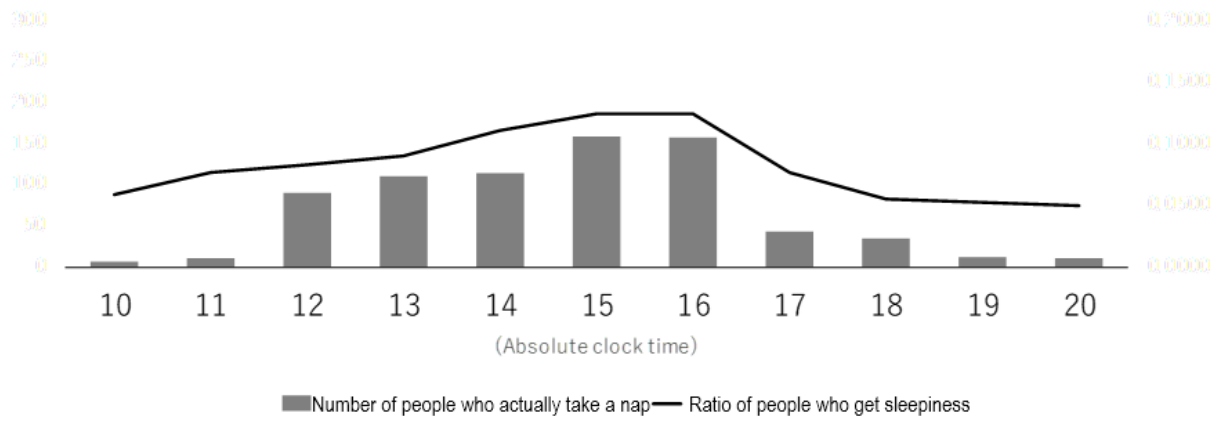
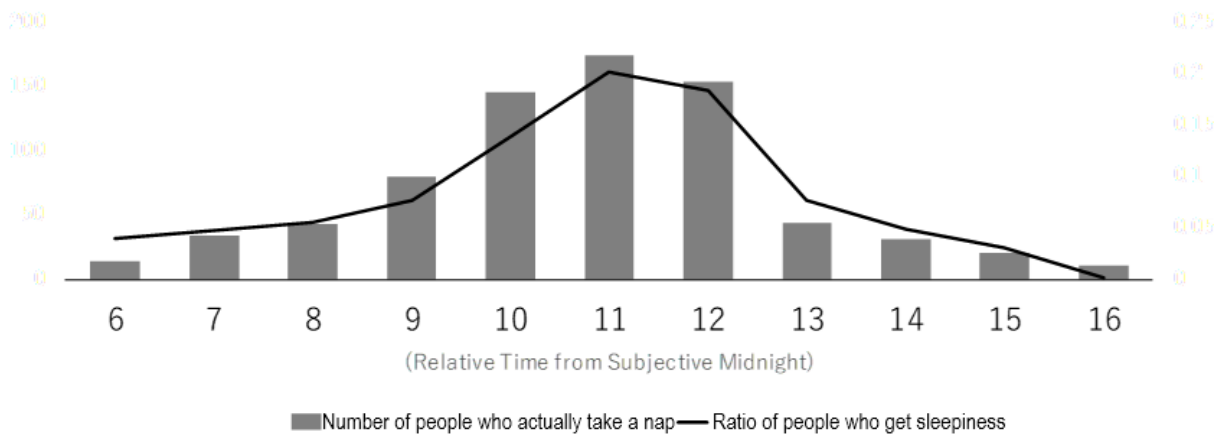
307

FIG. 15



(a)



(b)

FIG. 16

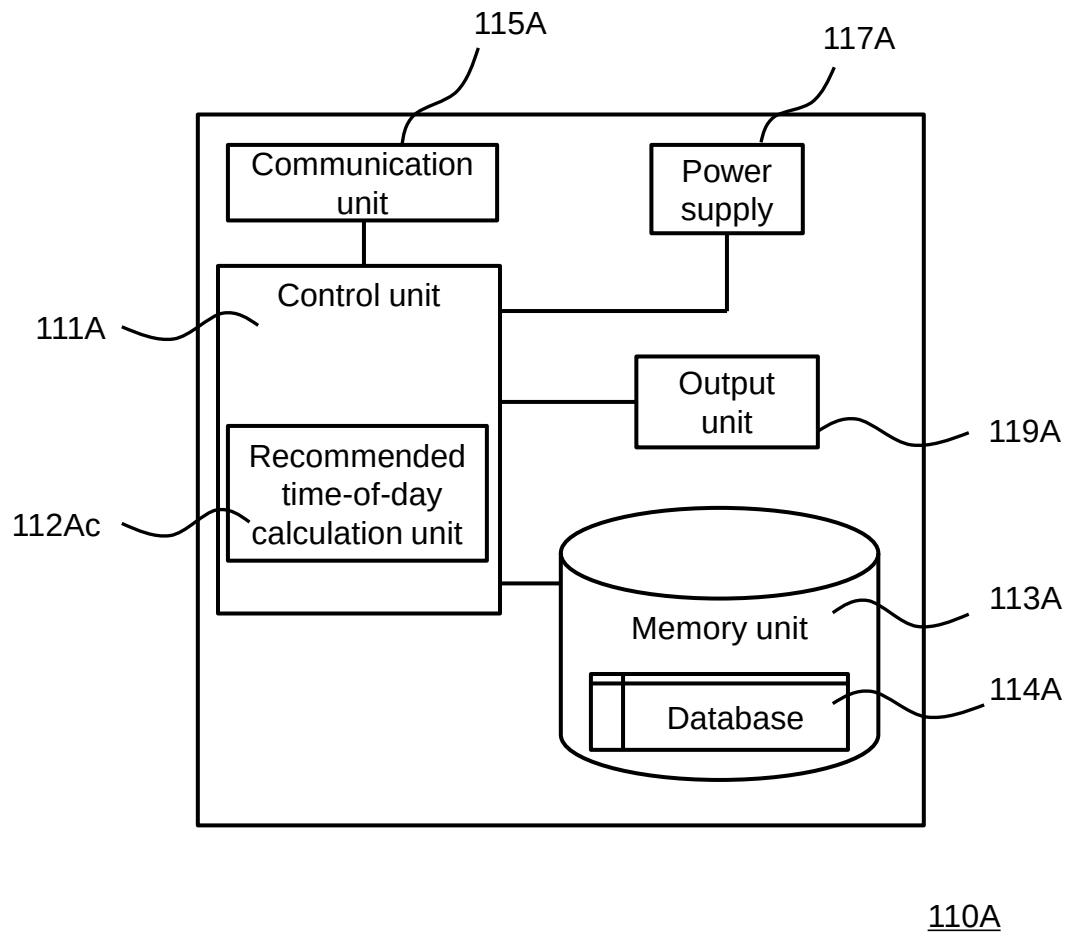


FIG. 17

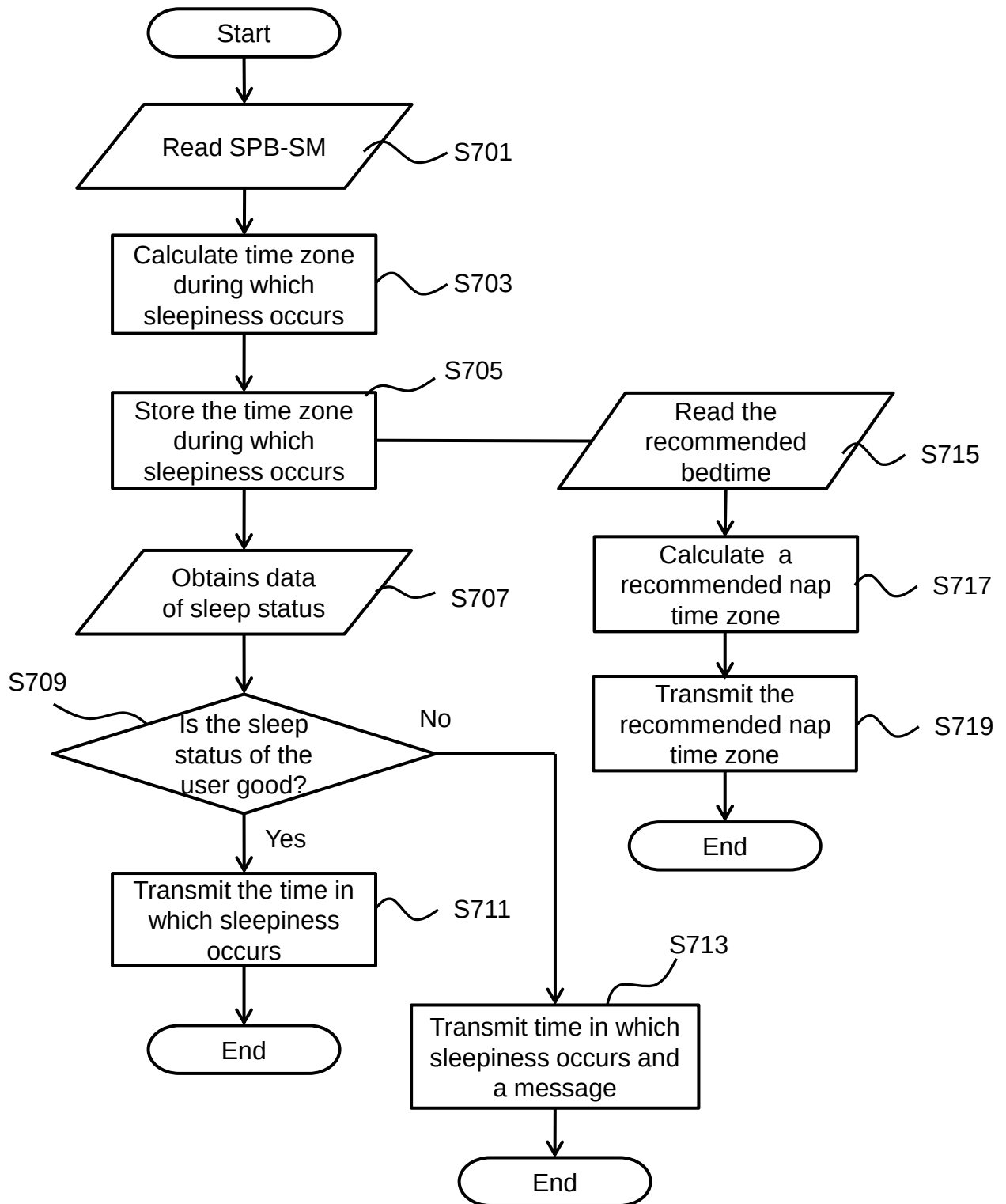
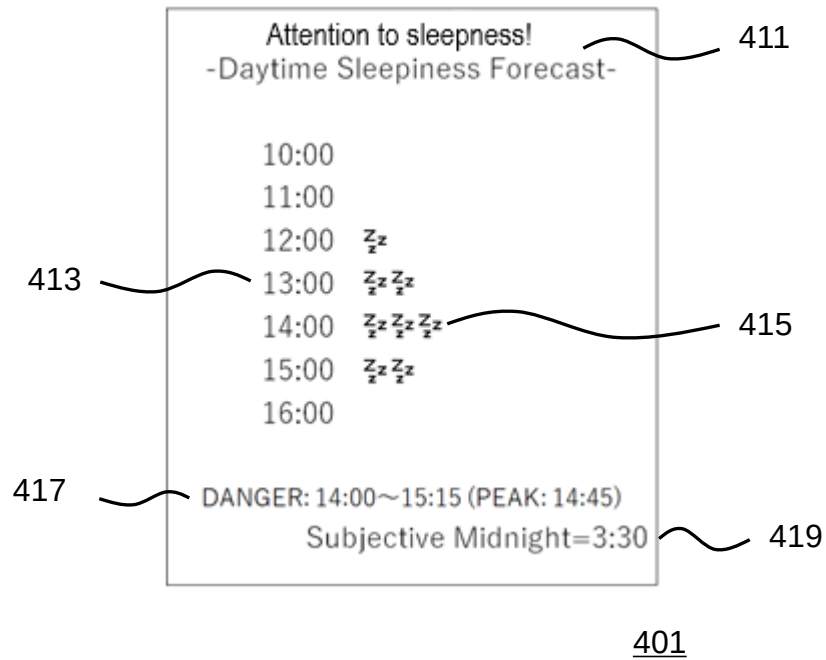
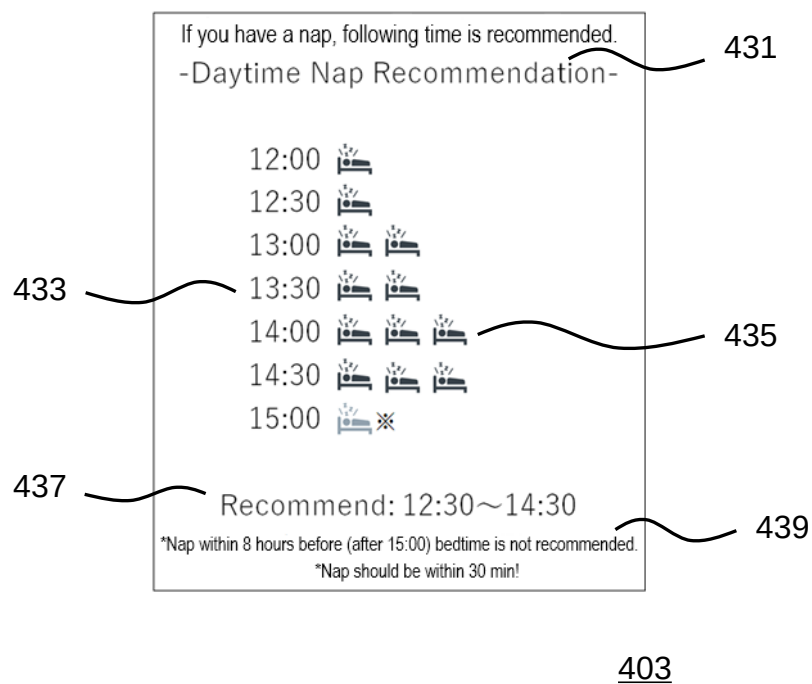


FIG. 18



(a)



(b)

FIG. 19

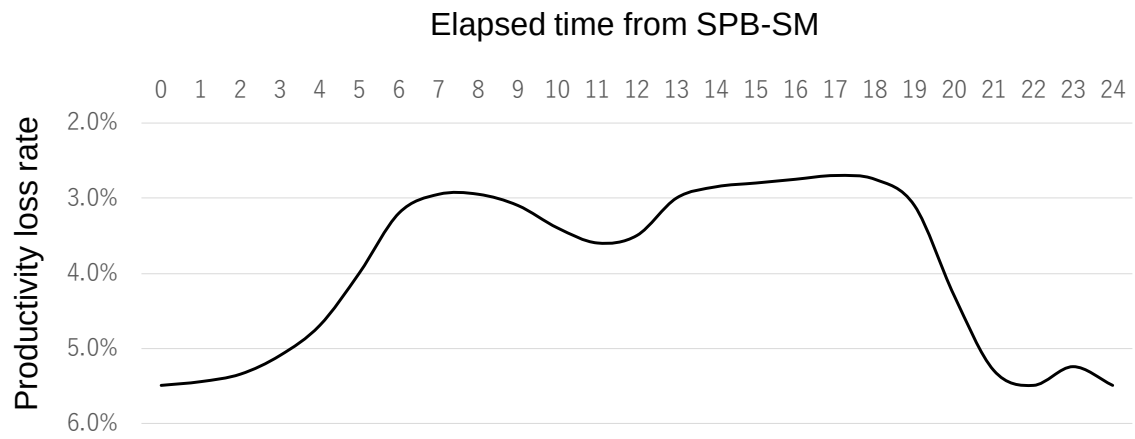


FIG. 20

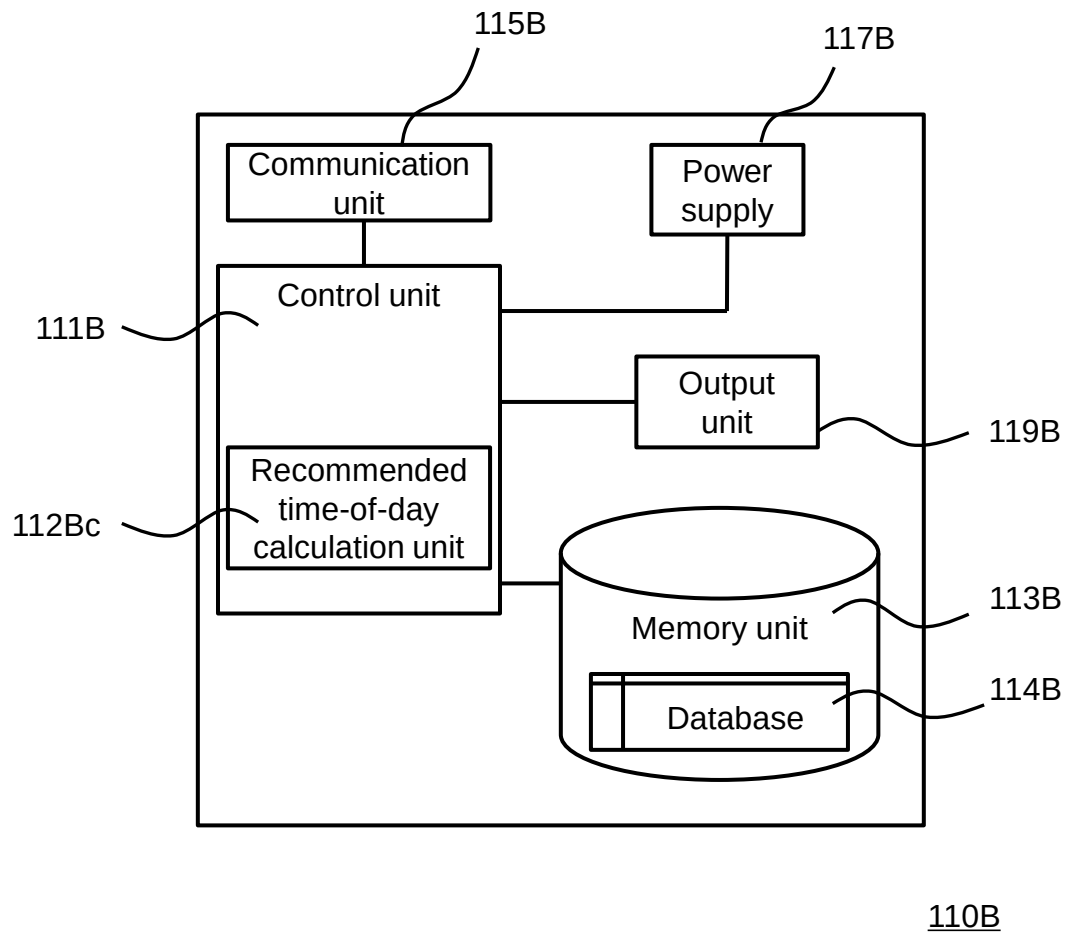


FIG. 21

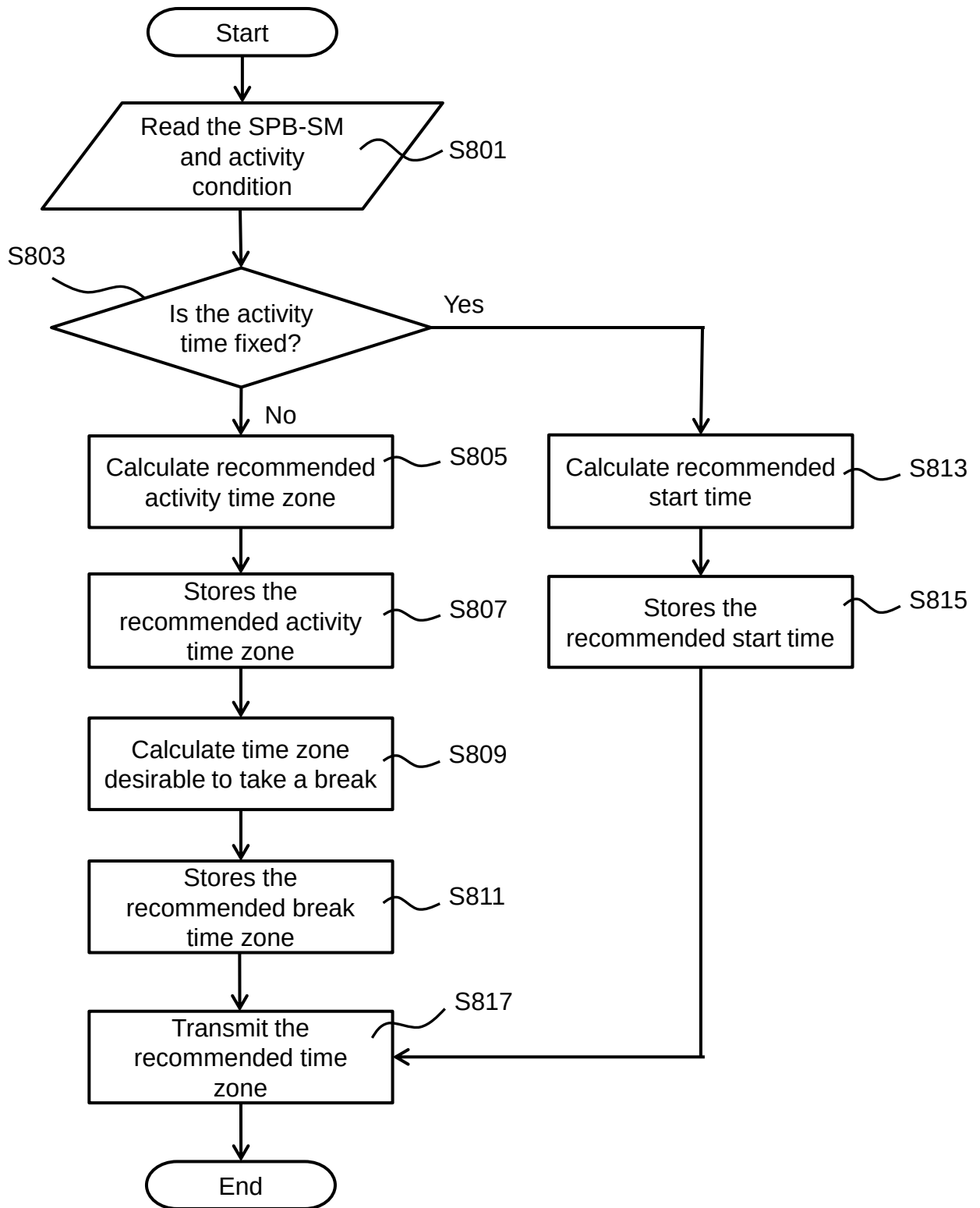


FIG. 22

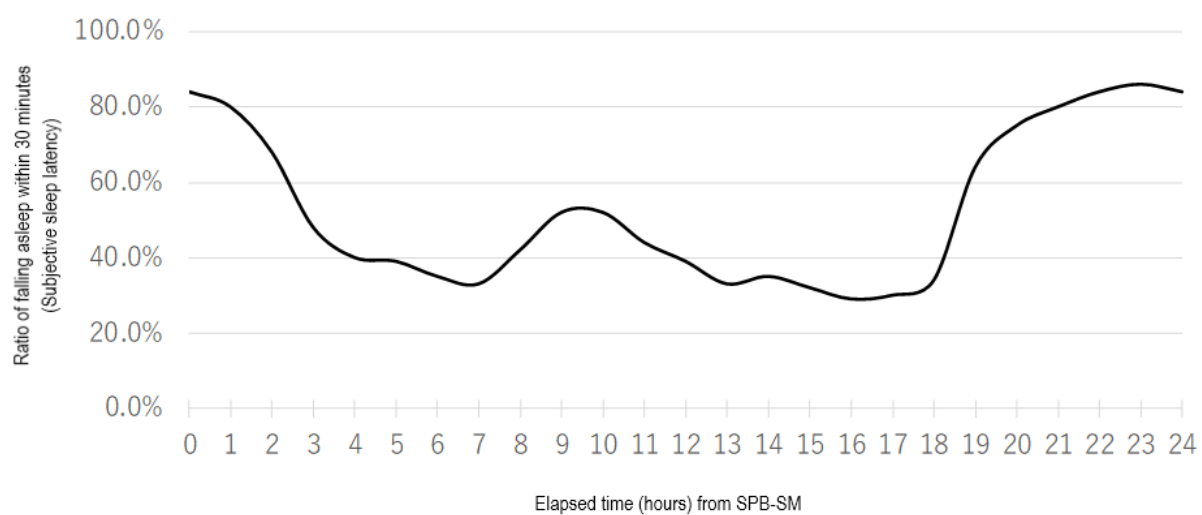


FIG. 23

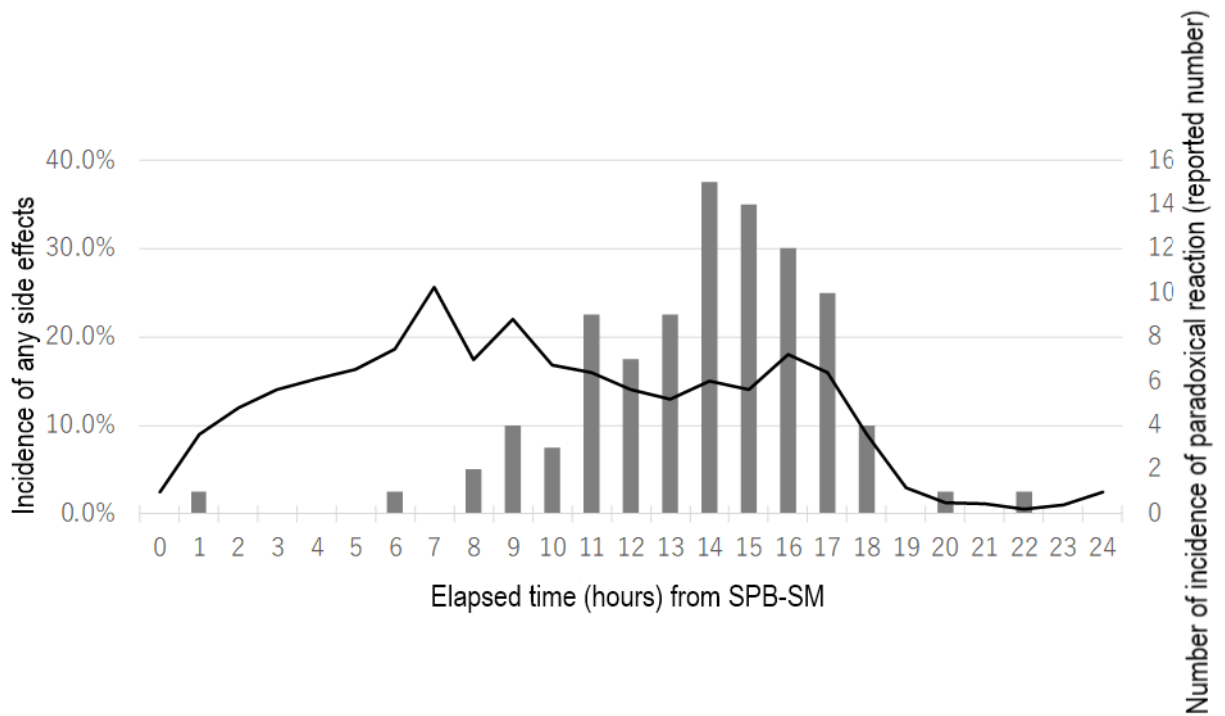


FIG. 24

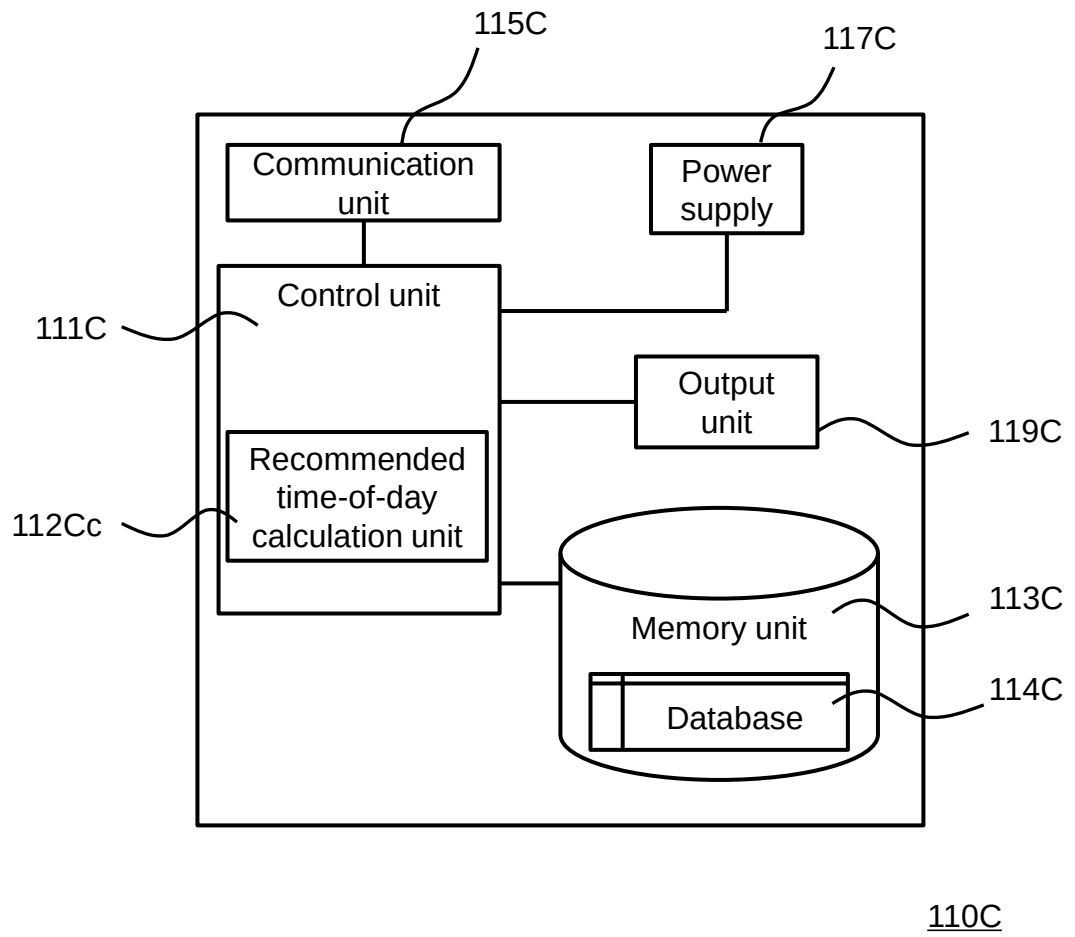


FIG. 25

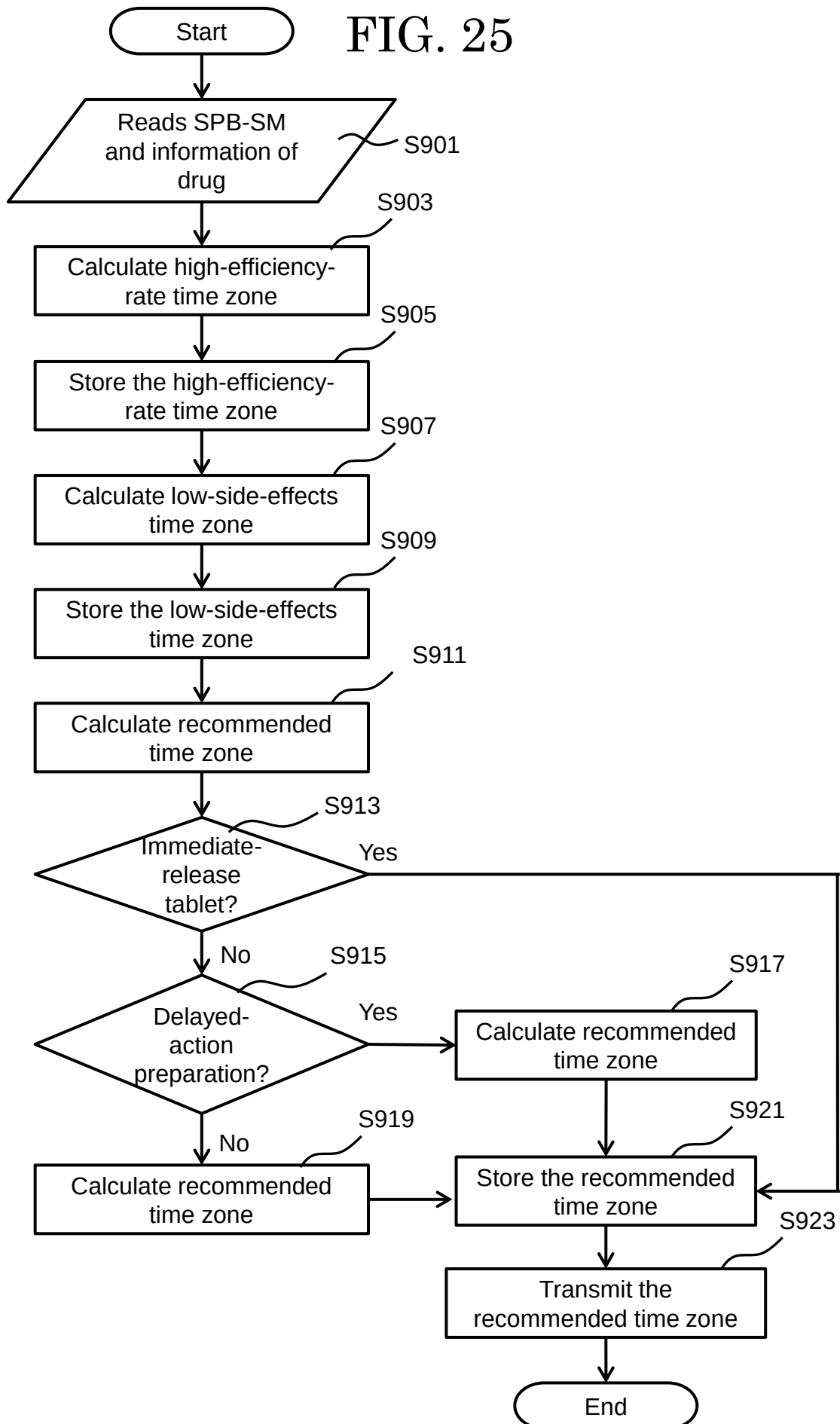


FIG. 26

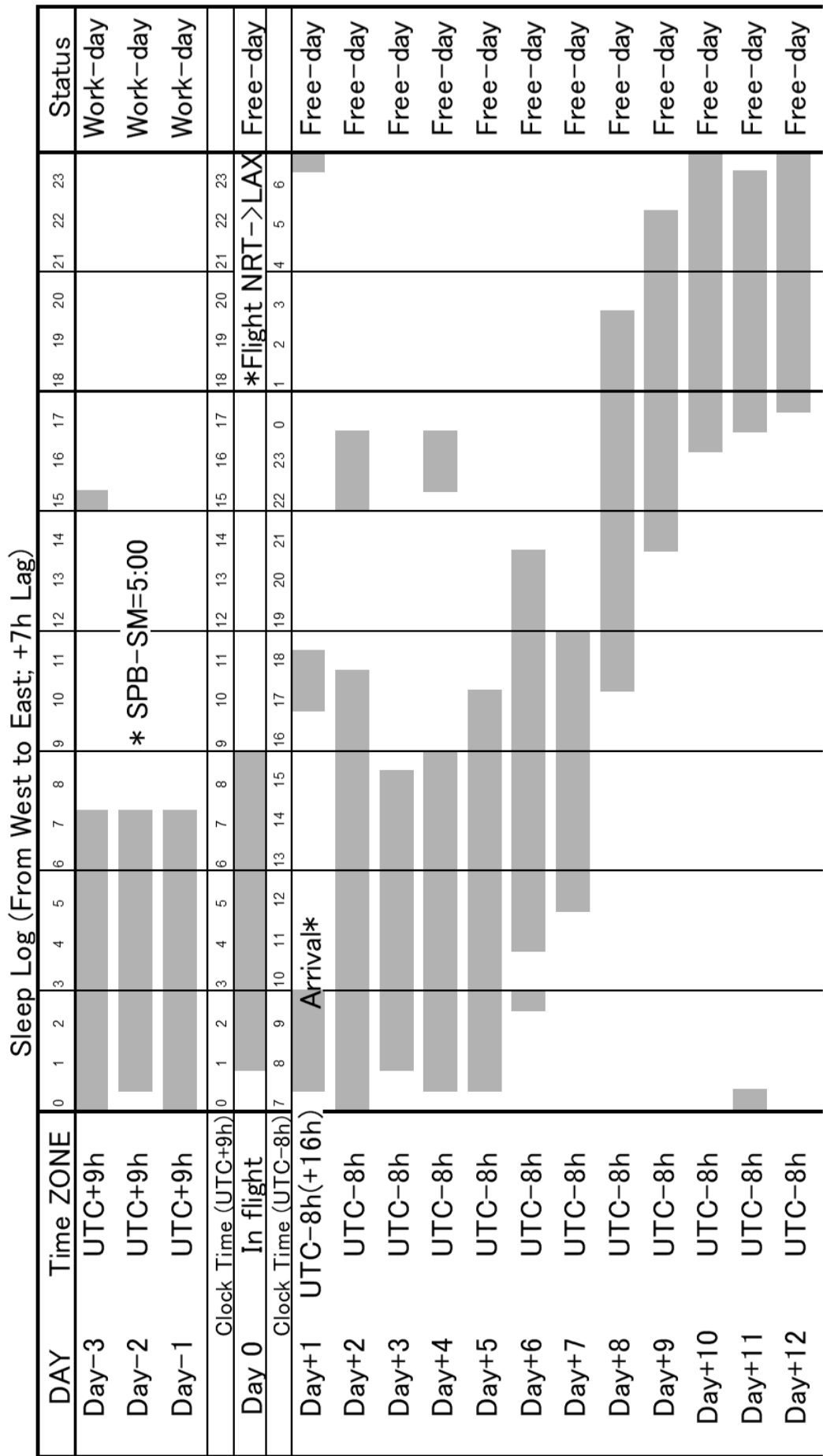


FIG. 27

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

Solid: screen on / Dotted: accelerator / Broken: lux / MSFsc=7.5

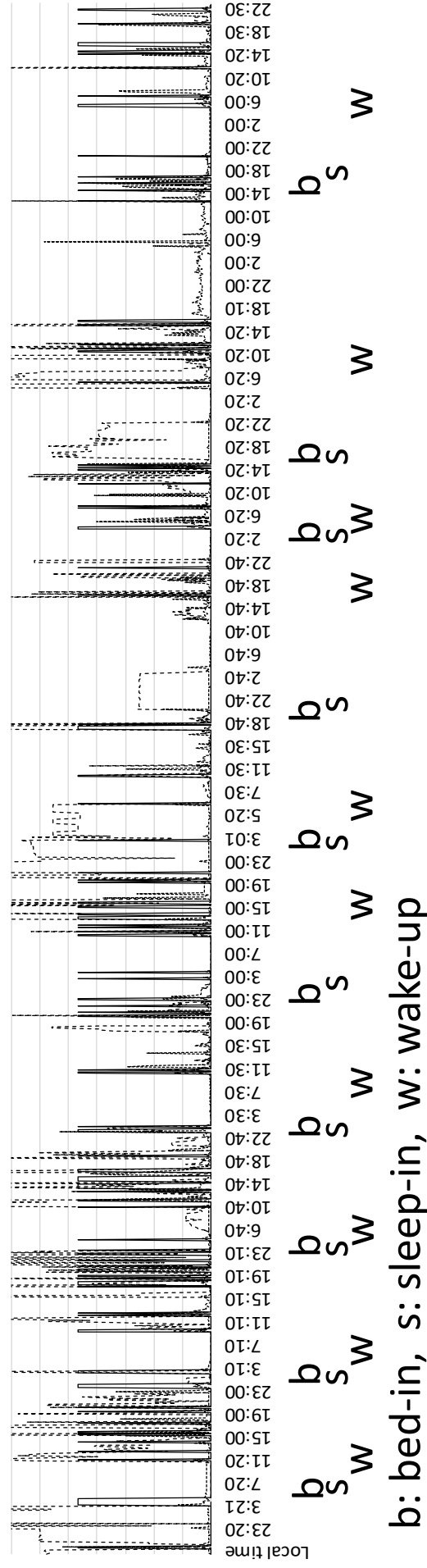


FIG. 28

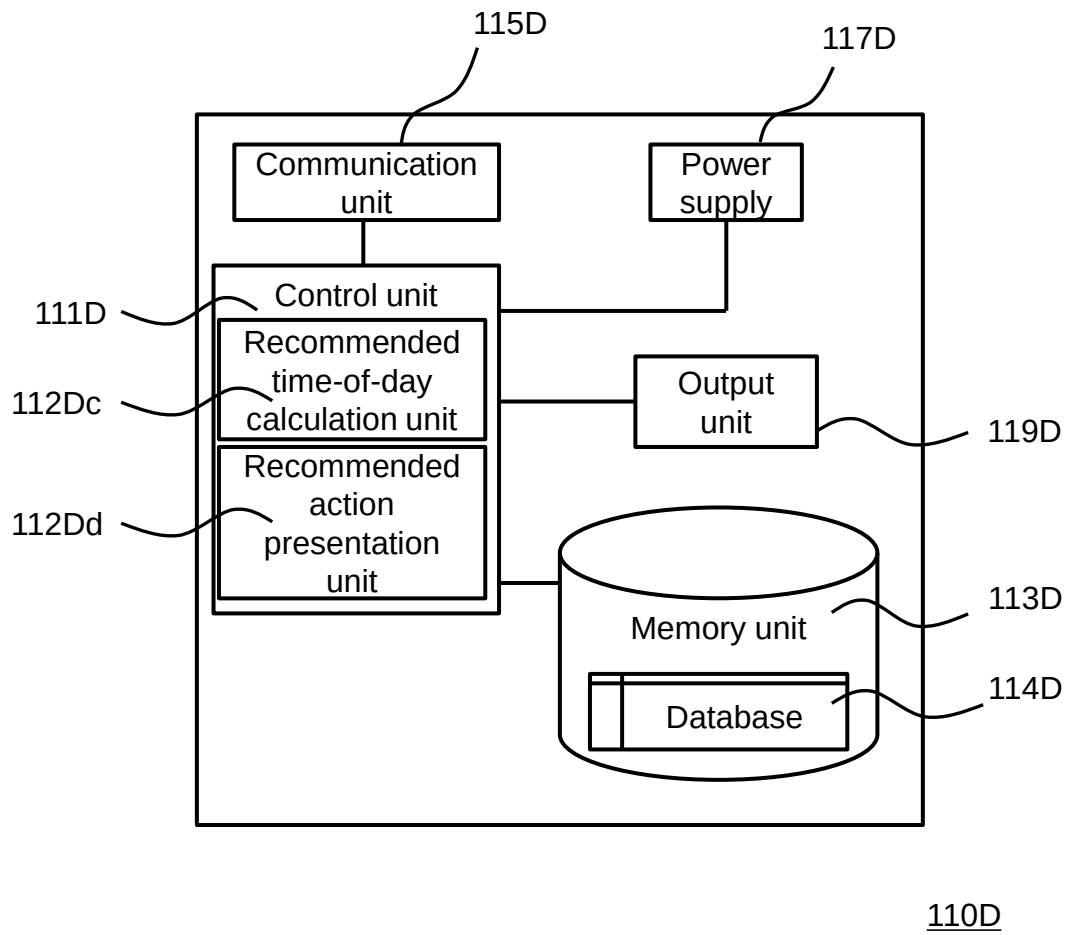


FIG. 29

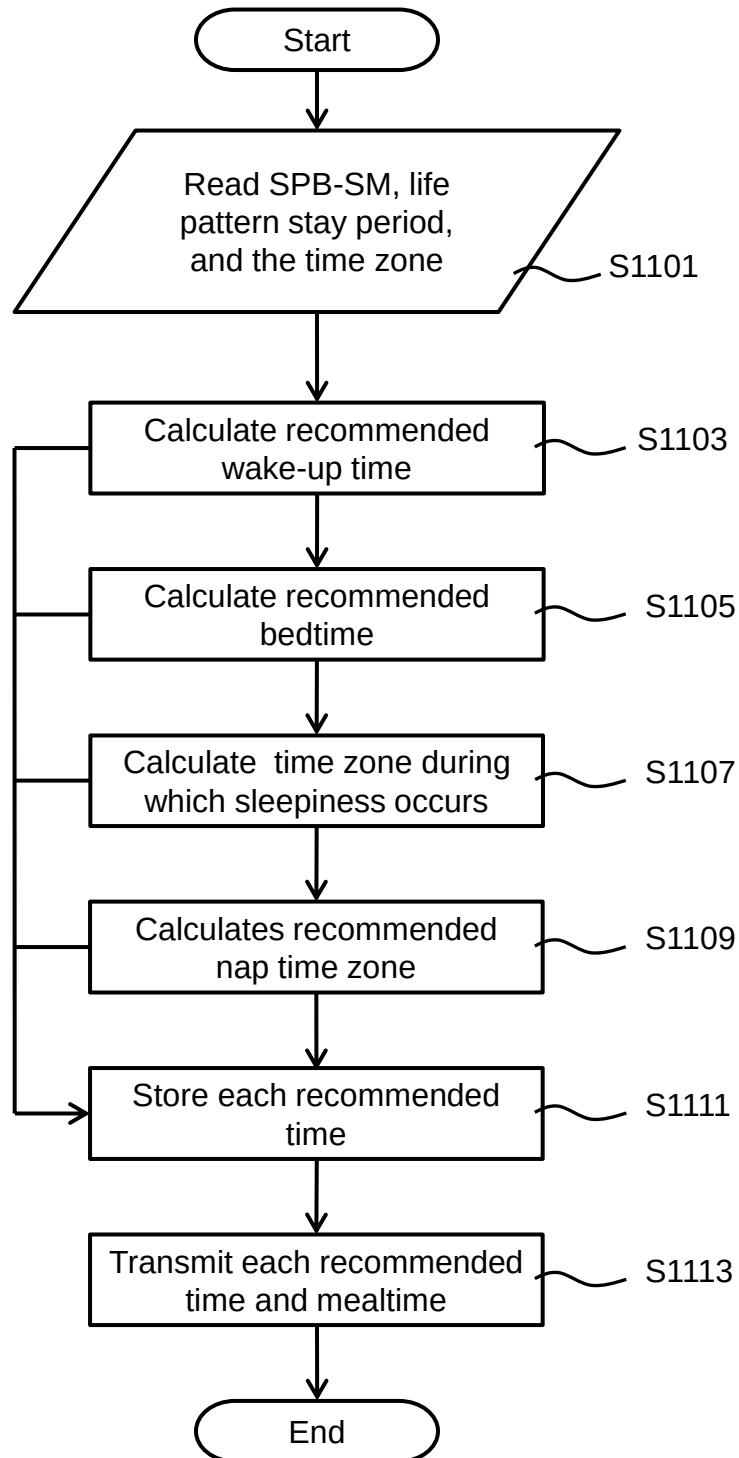
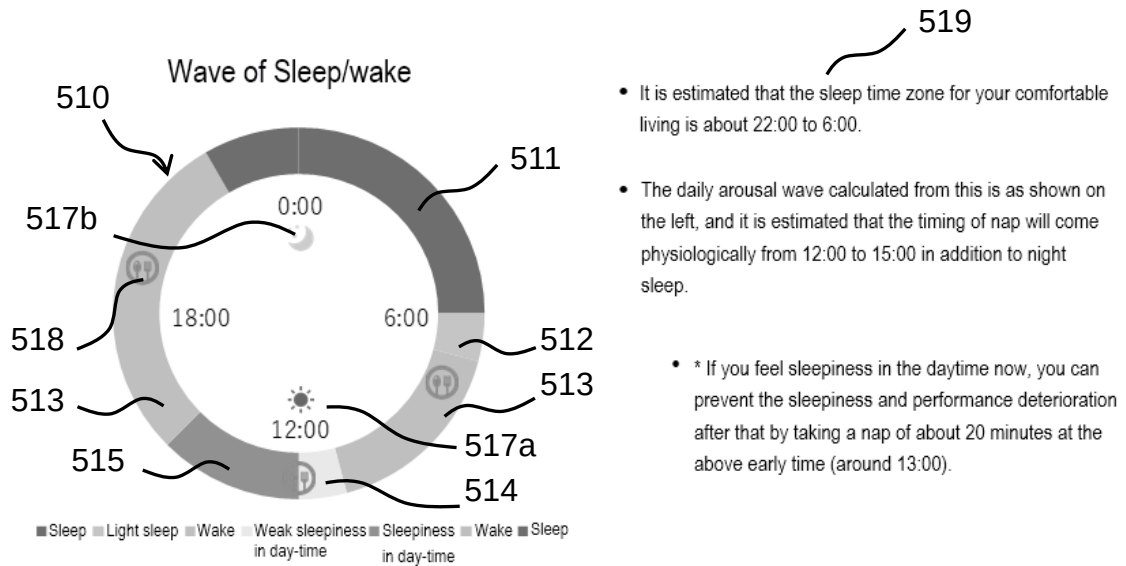
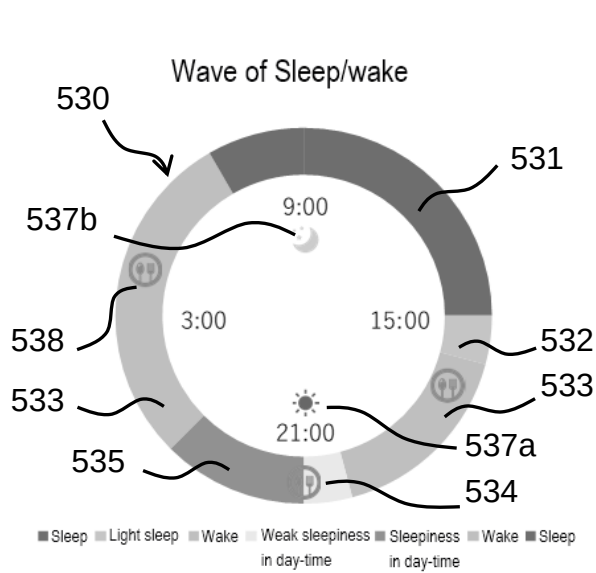


FIG. 30



501

FIG. 31



- If moved to a time zone with a time difference of 9 hours (+ 9h), the local time from 7:00 to 15:00 is the time zone when arousal drops significantly and the performance deteriorates.

- On the other hand, a wave of physiological sleepiness also comes from 22:00 to 0:00 local time.

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FIG. 32

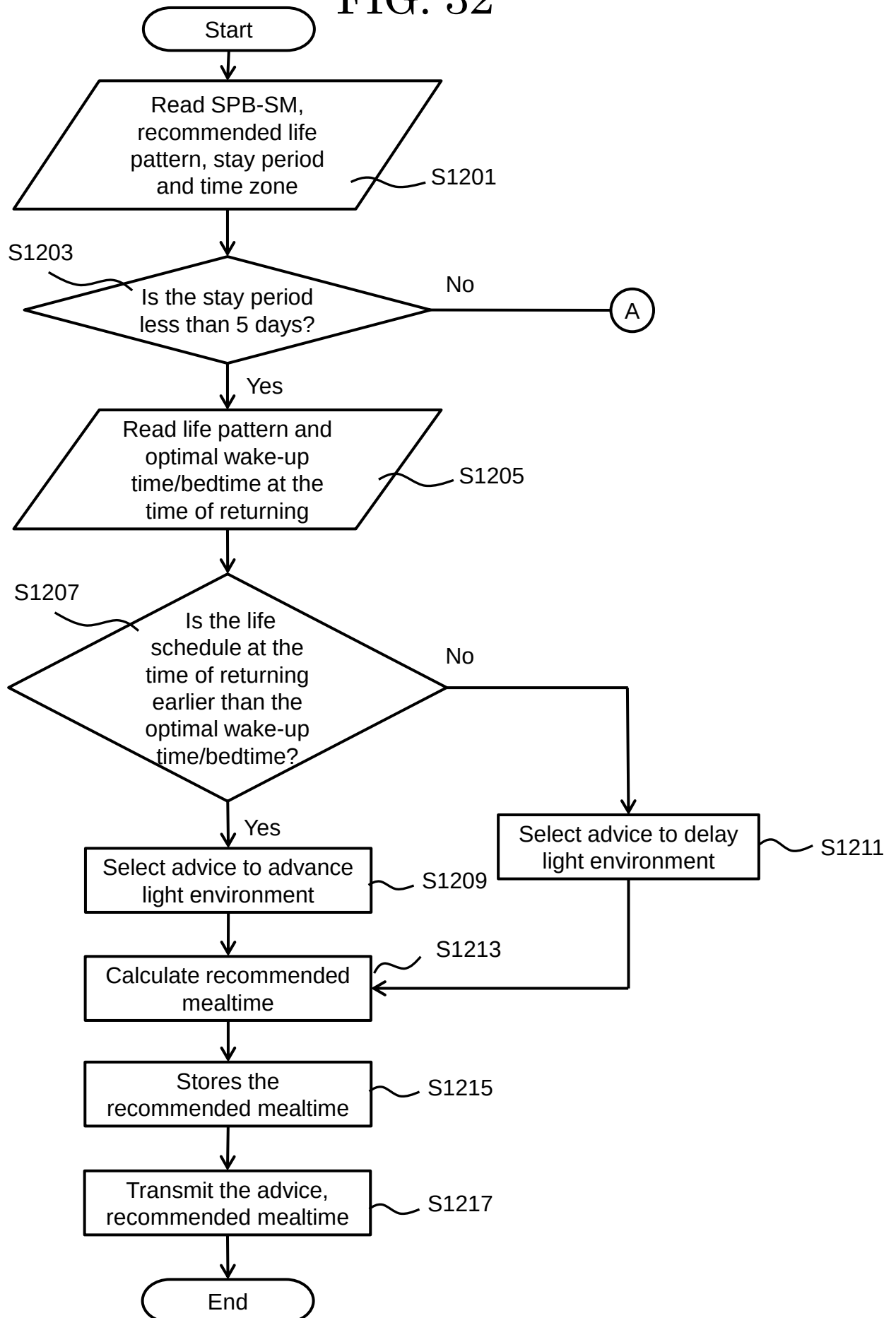
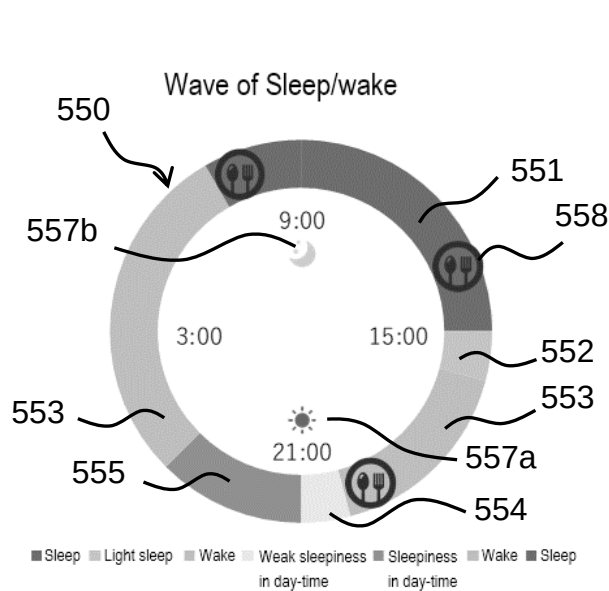


FIG. 33



- 559
- By continuously eating at the same time after a certain period of fasting (12 hours or more), it becomes easier to set the clock gene that sets the subsequent time zone to "wake-up mode".
 - Also, by setting a time to fast for 12 hours or more, it will be easier to set that period as "rest mode".
 - For this reason, it is recommended to eat meals the day before travel and on board at the following timings.
 - 1. Before and after the time when you are expected to get sleepy (local time 7:00 to 8:00, Japan time 22:00 to 23:00)
 - 2. Timing that does not leave more than 8 hours from there (before 15:00 local time, before 6:00 Japan time: However, if you eat a lot from 10:00 to 13:00 local time, you may feel stomach upset)
 - 3. 12 hours before the time of 1 (before 19:00 to 20:00 local time, before 10:00 to 11:00 Japan time)

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FIG. 34

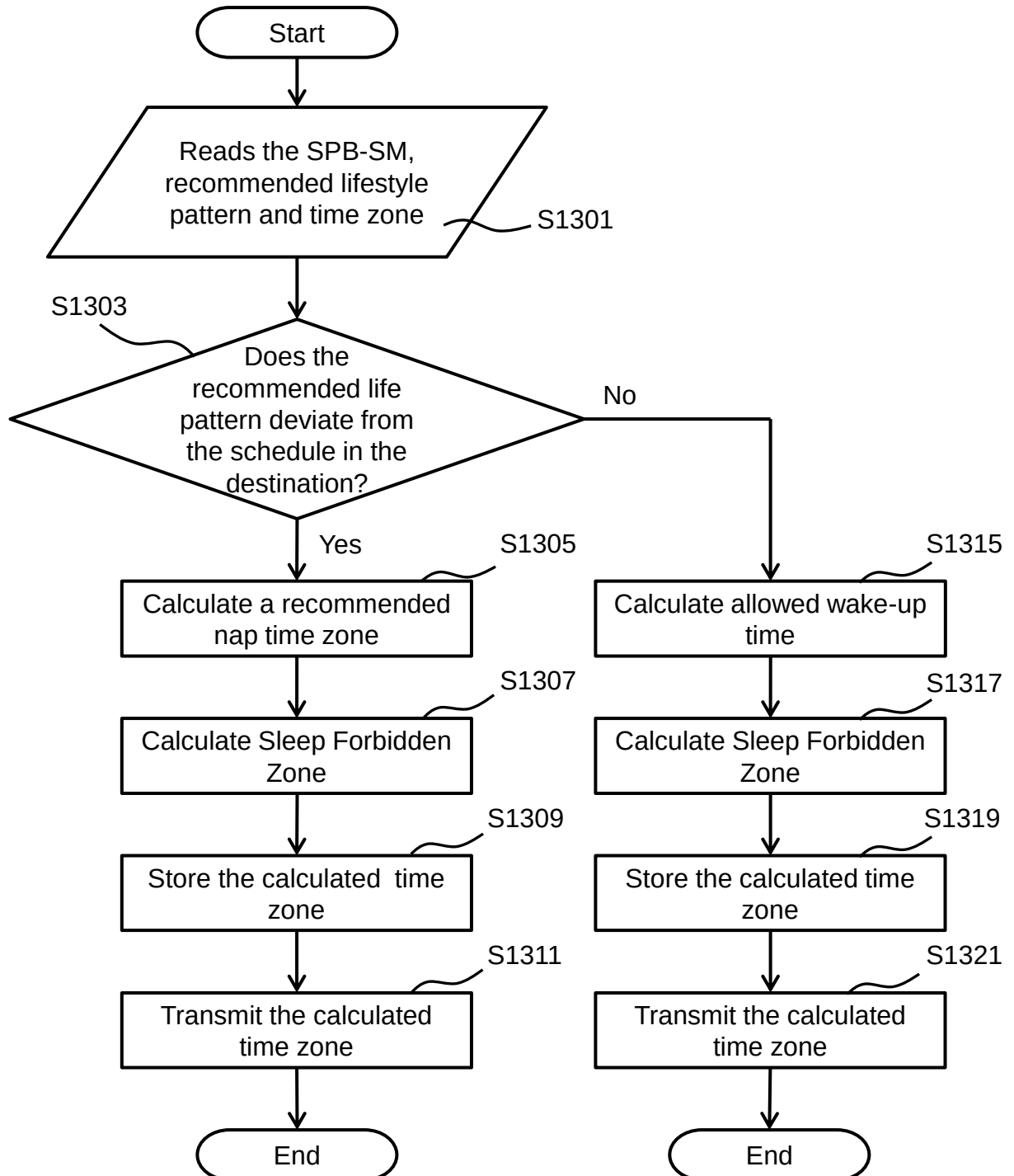
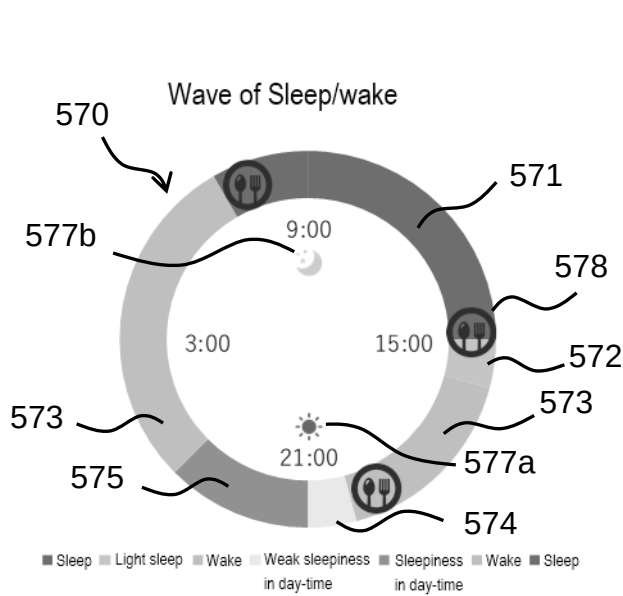
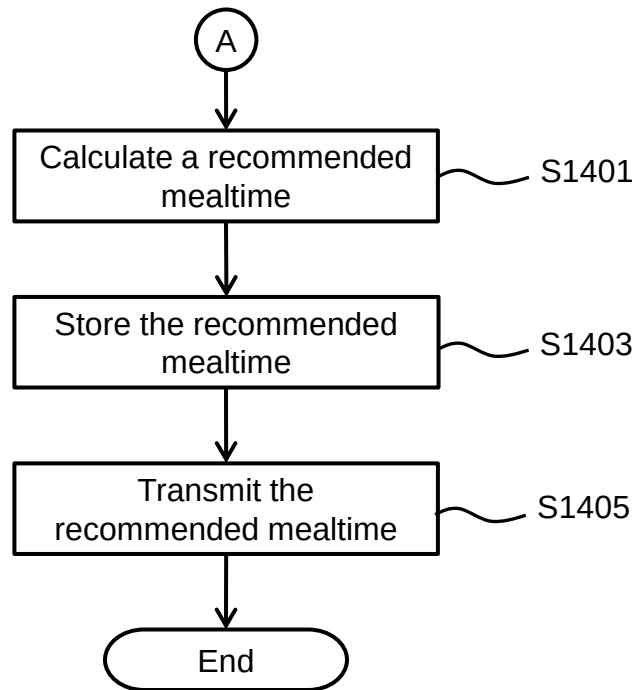


FIG. 35

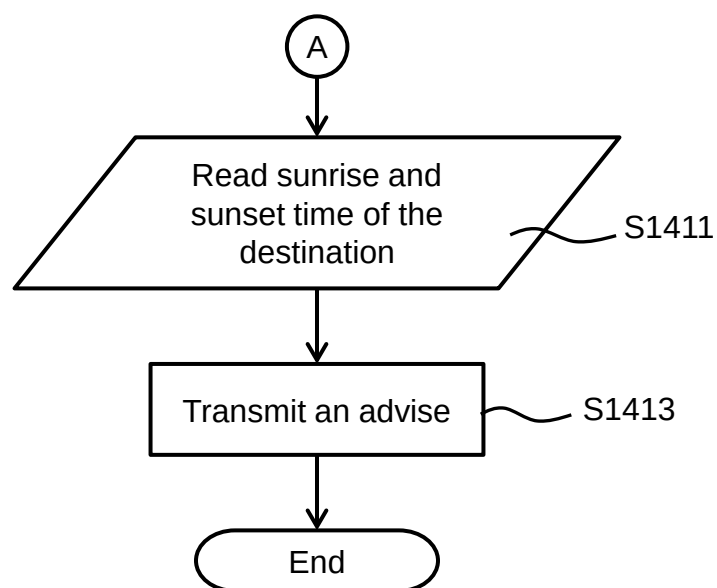


- 579
- A wave of drowsiness comes from 20:00 to 0:00 local time (especially strong is from 21:00 to 0:00). If you miss this, you may not be able to sleep until the morning of local time, so if possible, arrange to return to your hotel to rest during this time.
 - The time between 7:00 and 15:00 local time is a time zone easy to fall asleep. If you have the opportunity to take a nap, take a nap for less than 30 minutes.
 - *If you fall asleep for more than 30 minutes, sleepiness remains and performance is decline. However, if you can sleep for more than 3 hours, you can sleep until 15:00 local time.

FIG. 36



(a)



(b)

FIG. 37

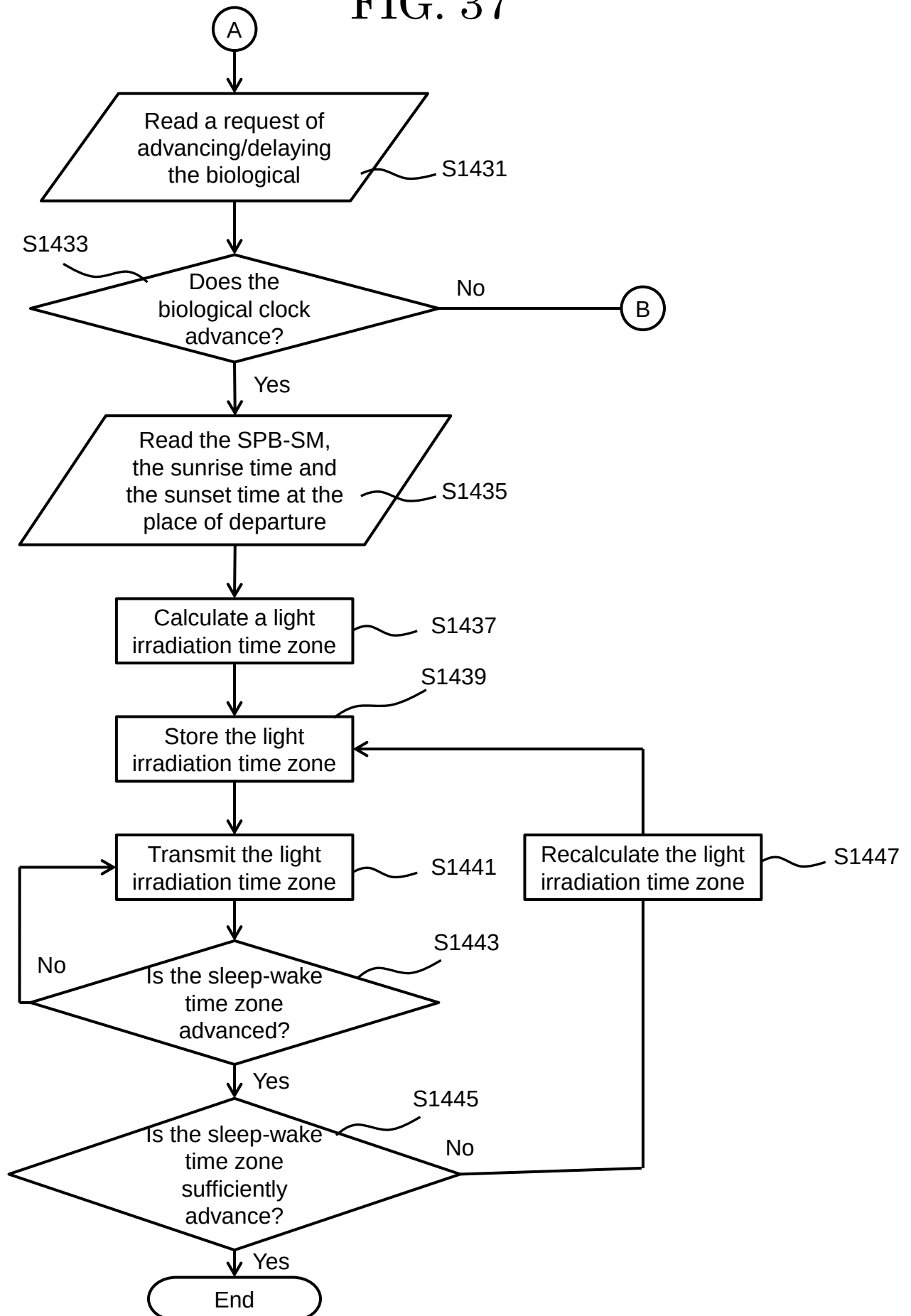


FIG. 38

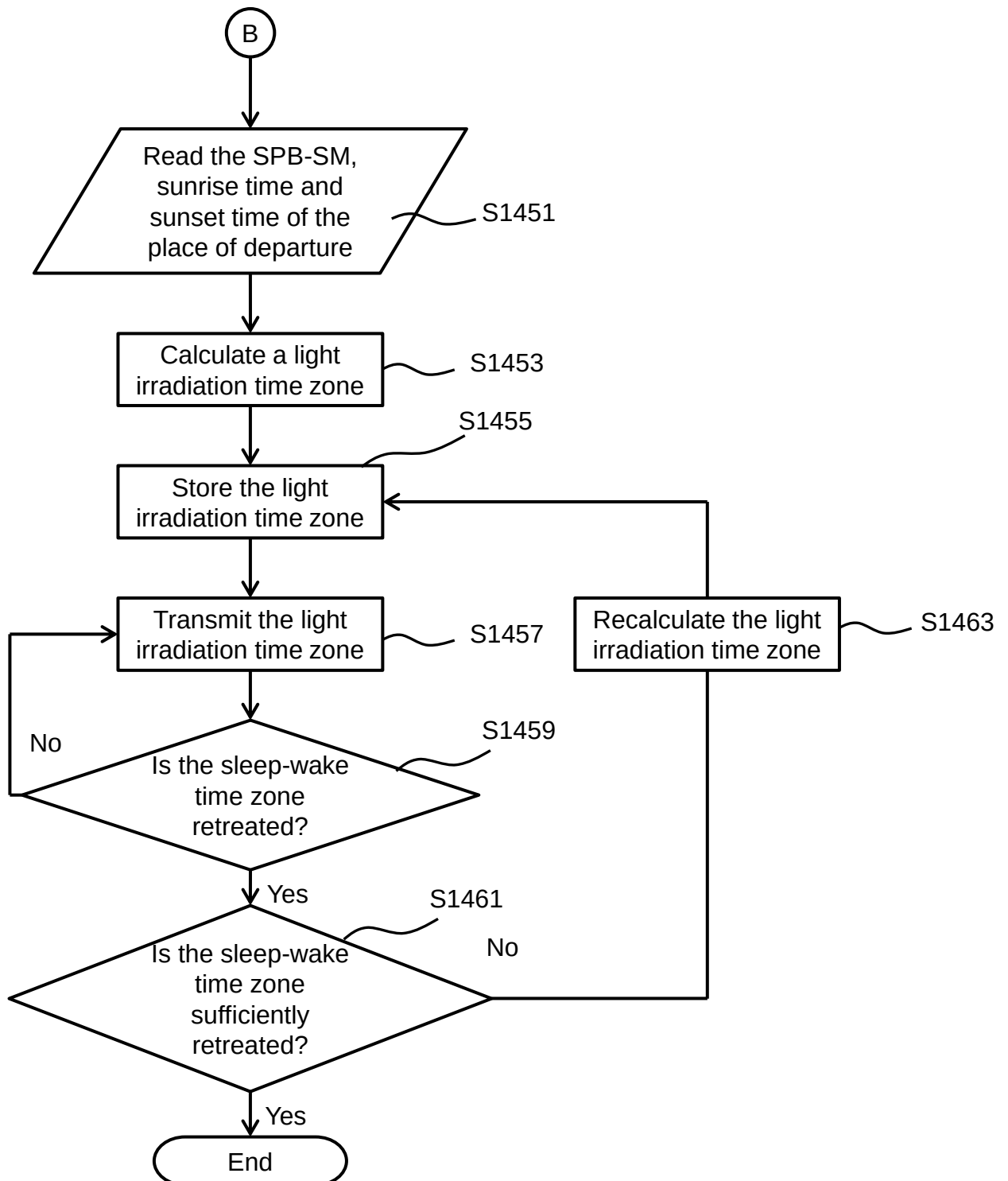


FIG. 39

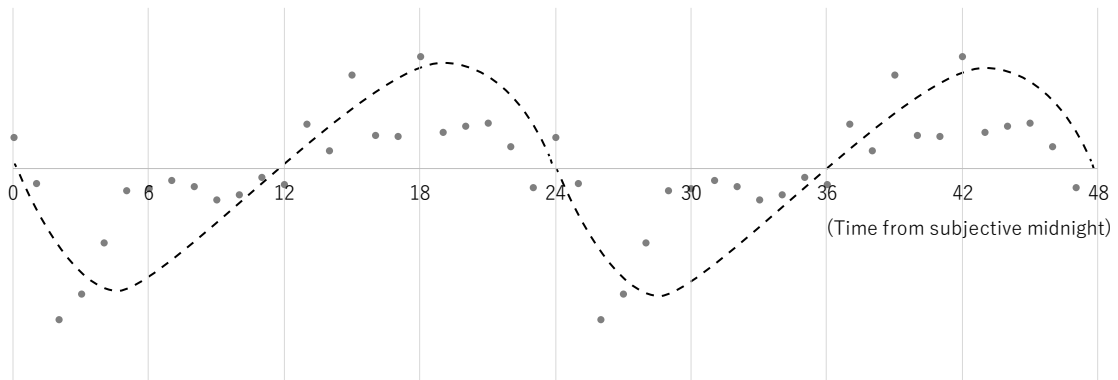


FIG. 40

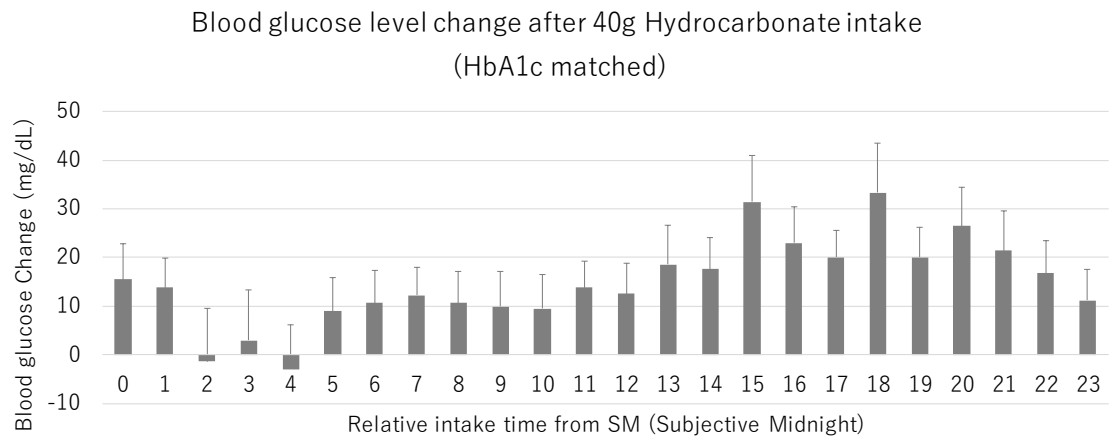


FIG. 41

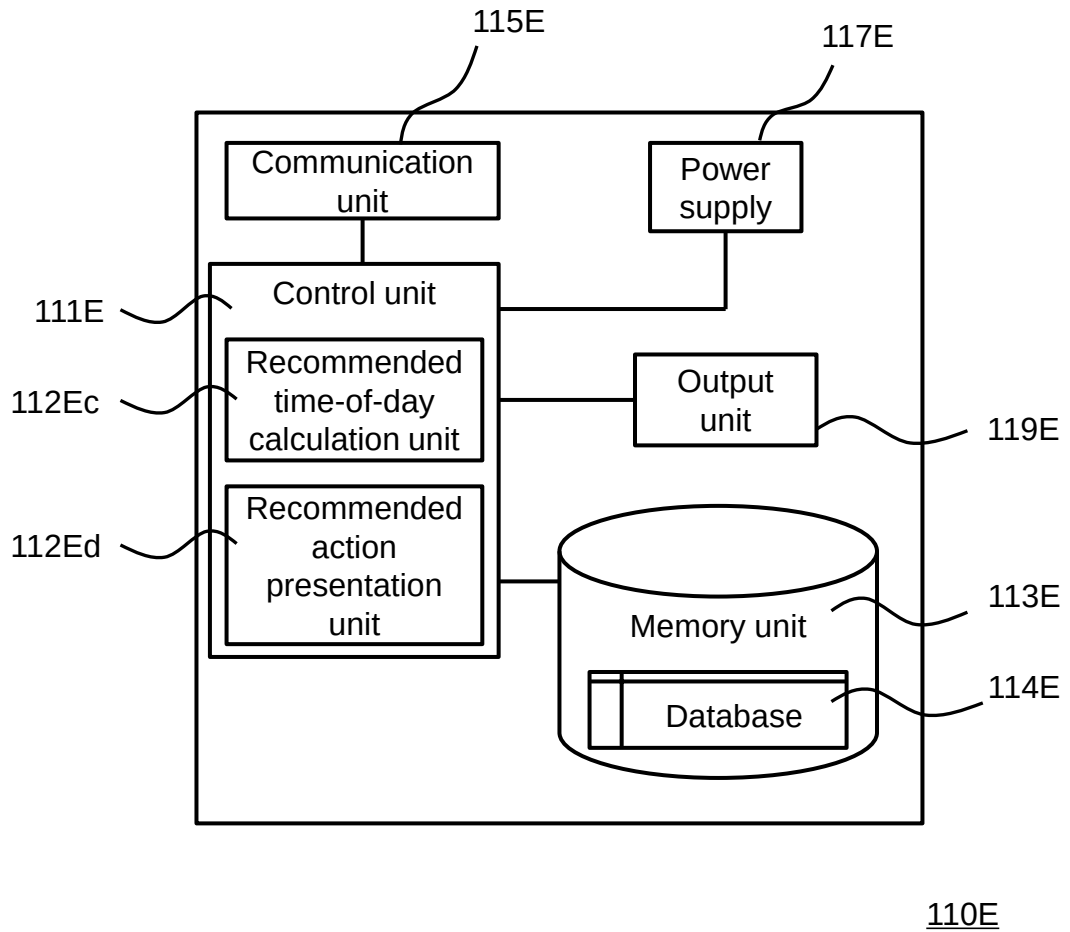


FIG. 42

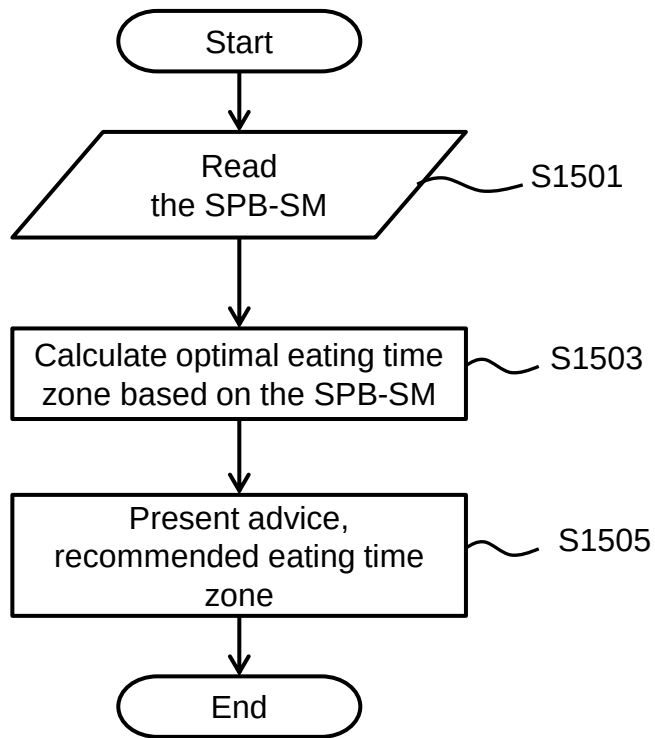


FIG. 43

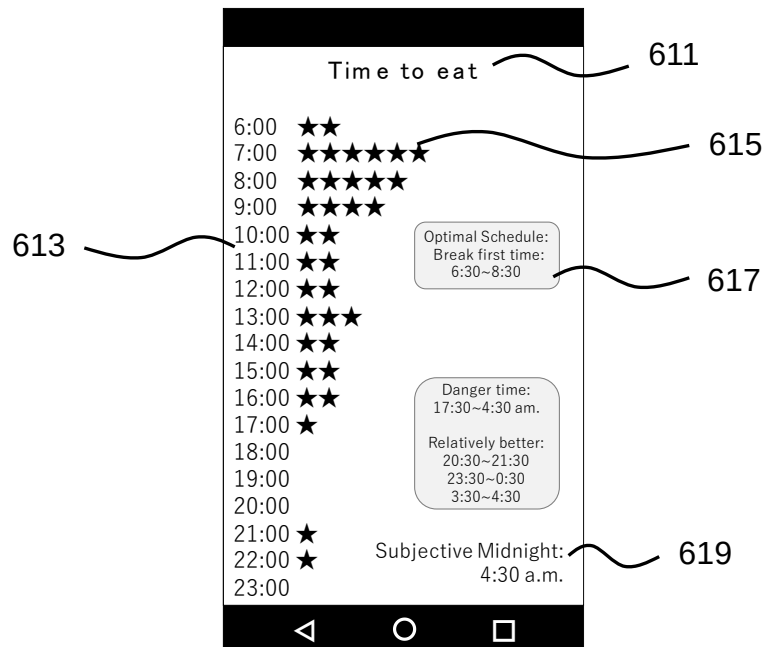
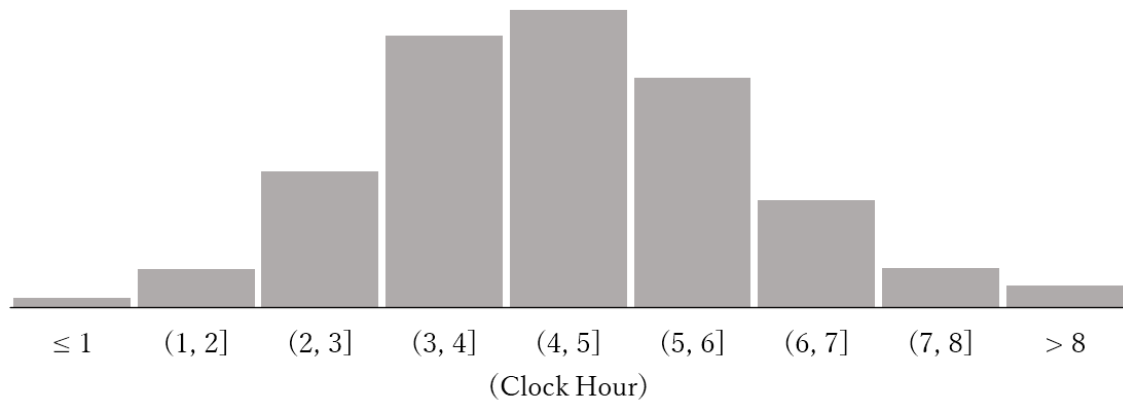
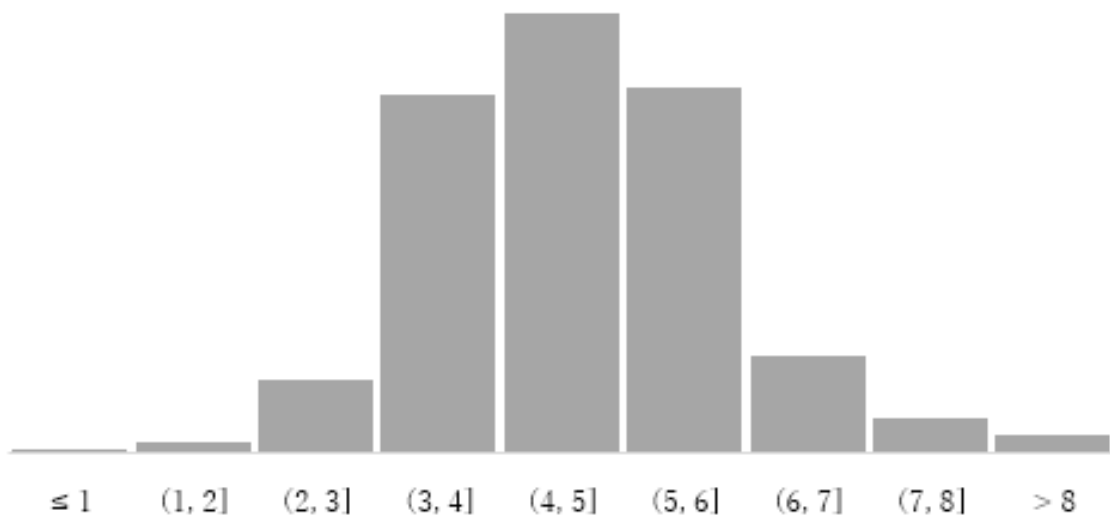
601

FIG. 44



(a)



(b)