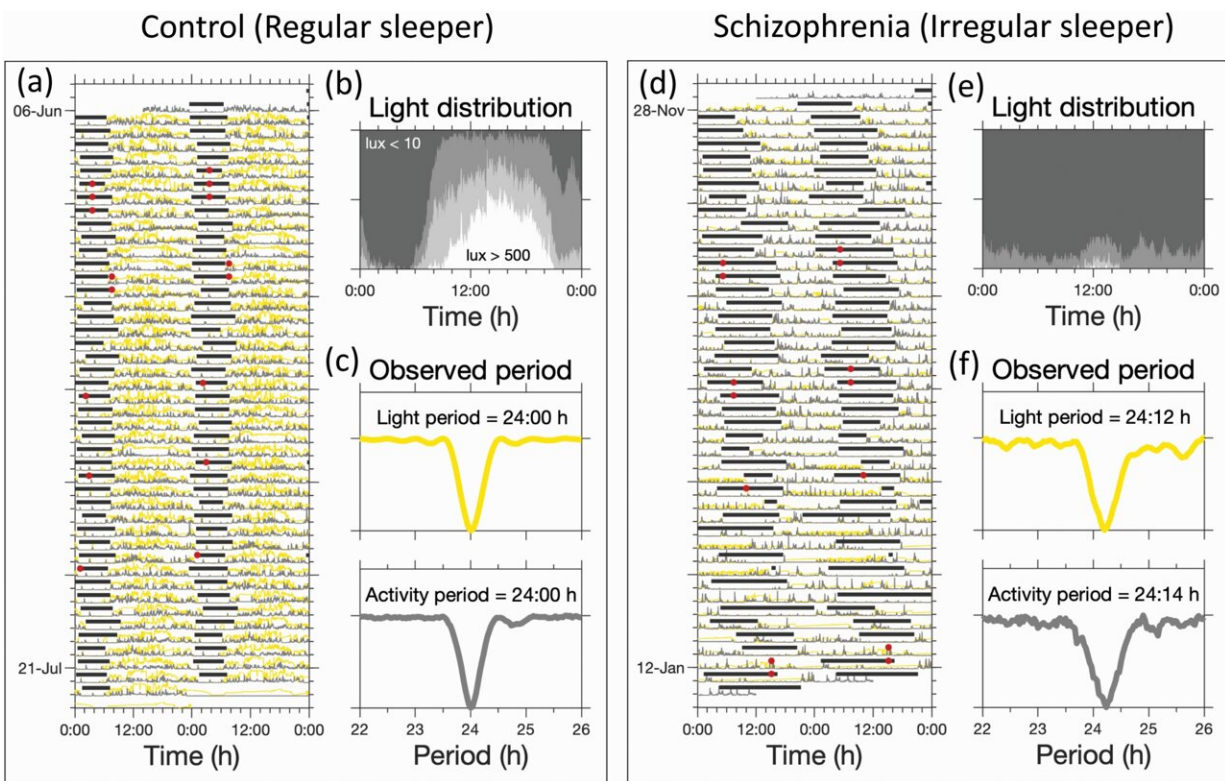


Mathematical model of light and circadian data improves sleep timing in people with schizophrenia

December 2 2021



Typical rhythms of sleep, activity and light exposure. (a), (d): Light (yellow trace), activity (gray trace), 6-sulphatoxymelatonin (aMT6s) acrophase (red circles) and sleep timing (horizontal gray bars). (b) and (e): Average pattern of light exposure across the 24-h day. The shaded regions from white through to dark gray indicate the fraction of time spent at different light levels (>500 lux; between 500 and 100 lux; between 100 and 10 lux,

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