Hourly collection of subjective sleepiness (KSS, panel A), objective vigilance (PVT, panel B) and salivary melatonin (panel C) under controlled dim light and body posture conditions.

Sleep recorded via polysomnography.

fMRI session during practice of cognitive tasks (1.5 versus 10.5 hours after scheduled wake-up in a counterbalanced order).
Morning types
Evening types

p = 0.058

NREM sleep SWA activity
Sleep Cycle
SWA of the 1st sleep cycle (a.u.)

$p_{svc} = 0.031$

Estimated BOLD activity (a.u.)

n.s.