

02/03/2014

Do

21

Riposo

Rip.

52:58

03/03/2014

Lu
371517
22

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14:10

PD (2237) FE

15

16

46798*

CFRV
46799*
TVCL

17

(2825)
JMSCL

(2247)
PD

19:08

20

21

22

23

24

Lav	
04:58	
	Not
	No
Rip.G	
16:10	

04/03/2014

Ma
372547
23

0 1 2 3 4 5 6 7 8 9 10 11

11:18

PD (9714)
VRPN
VOC
UC-VRPV

12

VRPV
38336*
VRSC

13

38337

MINFR

14

UC-MNFR

15

48127*

MONS

16

(20794)
PD

17

20

21

22

23

24

Lav	
07:03	
	Not
	No
Rip.G	
18:49	

05/03/2014

Me
373009
24

0 1 2 3 4 5 6 7 8 9 10 11 12

13:10

PD (2235)

BOCL

13

(11412)
MO

14

55609d

CMAG

15

55610d

VMAS

16

(2722)
PD

17

18

19

20

21

22

Lav	
06:28	
	Not
	No
Rip.G	
00:00	

06/03/2014

Gi
SM-Disp
25

DISPONIBILITA'

Lav	
06:00	

07/03/2014

Ve
SM-Disp
26

DISPONIBILITA' (fine: 19:40)

Lav	
06:00	

08/03/2014

Sa
27

INTERVALLO

09/03/2014

Do
28

Riposo Weekend

	Rip.
	60:00

10/03/2014

Lu
371551
29

0 1 2 3 4 5 6 7

07:40

PD (2702)
VI

08

(5667)
CTTD

09

53312*

VI

10

53311*

CMAG

11

VOC

BOSD

VOC

BOCL

(9816)
PD

12

13

14

15

16

Lav	
07:57	
	Not
	No
Rip.G	
00:00	

11/03/2014

Ma
SM-Disp
30

DISPONIBILITA'

Lav	
06:00	

12/03/2014

Me
373075
31

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14

15

16

17

18

19

20

21

22

23

24

20:10

PD

(2249)

BOCL

VOC

CMAG

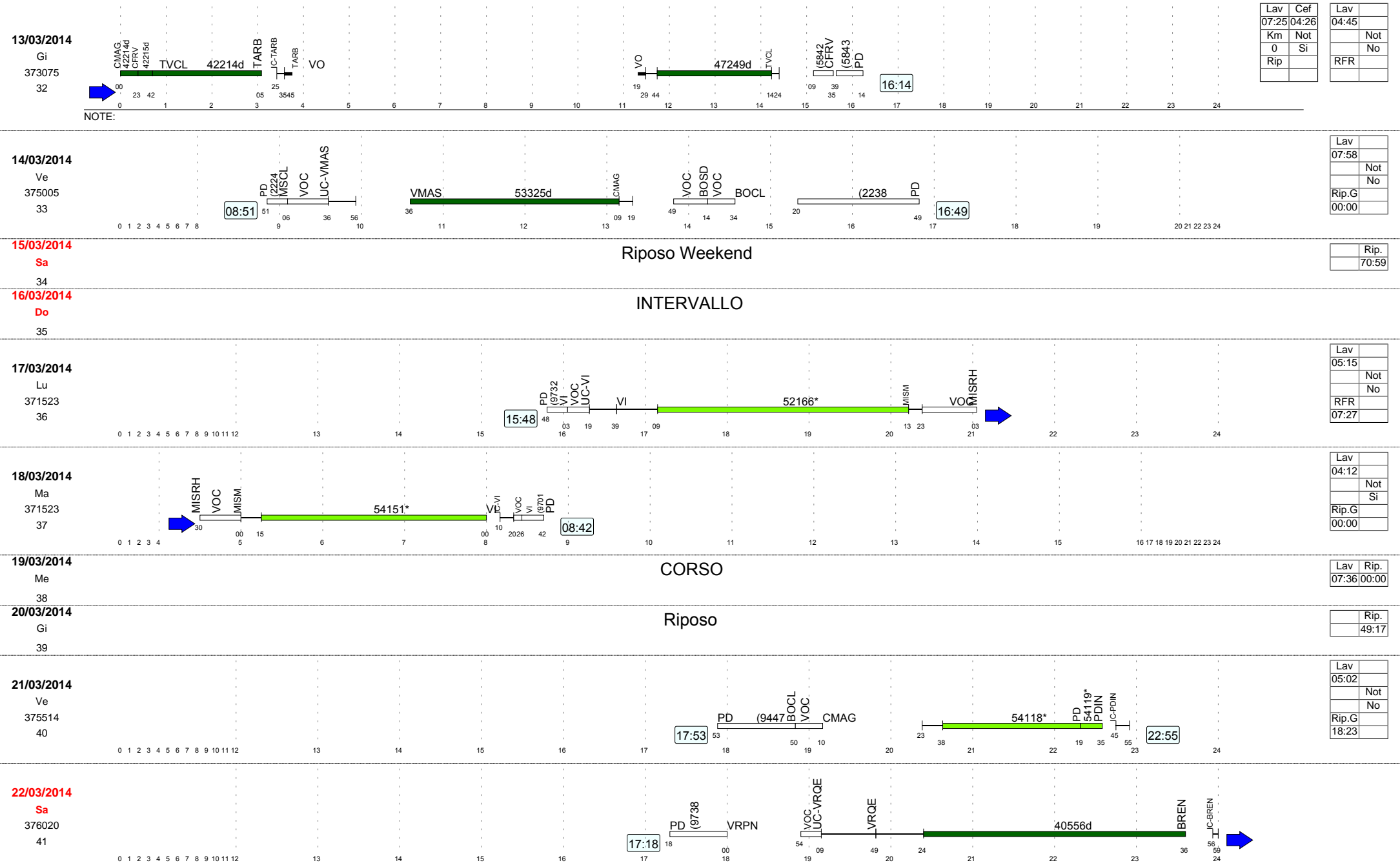
42214d

CFRV

59



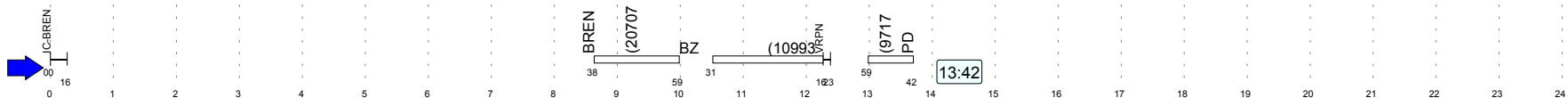
NOTE:



23/03/2014

Do

376020
42

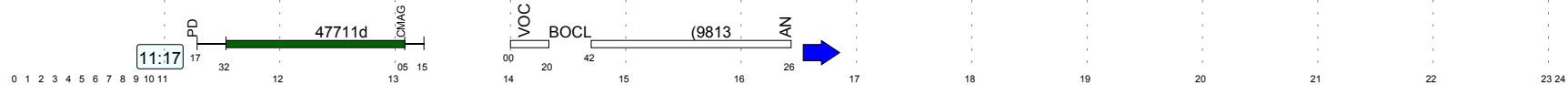


Lav	Cef	Lav	
06:58	03:12	05:04	
Km	Not		Not
0	Si		No
Rip		RFR	

24/03/2014

Lu

371027
43

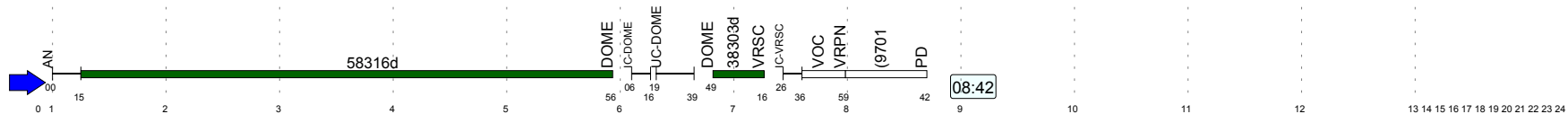


Lav	
05:09	
	Not
	No
RFR	
08:34	

25/03/2014

Ma

371027
44



Lav	
07:42	
	Not
	Si
Rip.G	
00:00	

26/03/2014

Me

45

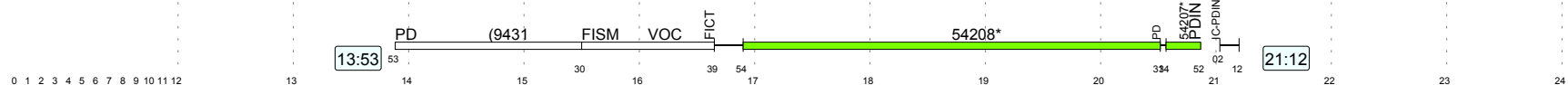
Riposo

	Rip.
	53:11

27/03/2014

Gi

374505
46

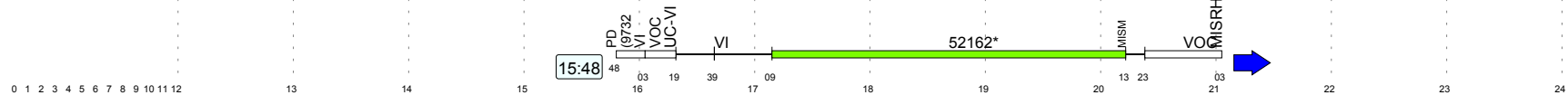


Lav	
07:19	
	Not
	No
Rip.G	
18:36	

28/03/2014

Ve

375535
47

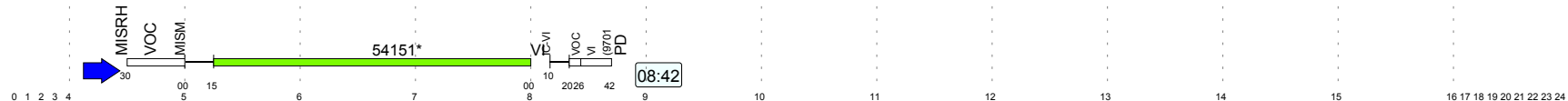


Lav	
05:15	
	Not
	No
RFR	
07:27	

29/03/2014

Sa

375535
48



Lav	
04:12	
	Not
	Si
Rip.G	
00:00	

30/03/2014

Do

SM-Disp
49

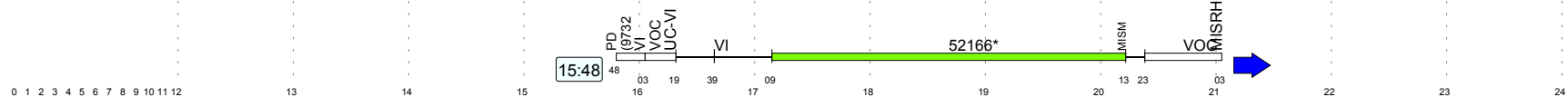
DISPONIBILITA'

Lav	
06:00	

31/03/2014

Lu

371523
50



Lav	
05:15	
	Not
	No
RFR	
07:27	

	Rip.
	56:21

Figure 1: Schematic representation of the 24-hour day. The top part shows a 24-hour timeline from 0 to 23. The bottom part shows a detailed view of the night period from 17:03 to 23:39. Key events are marked: PD (Pawlicki Diet) at 17:03, BOCL (Bedtime Onset of Circadian Locomotor Activity) at 18:00, PR (Pawlicki Rest) at 18:08, UC-PR (Unconscious Pawlicki Rest) at 20:12, and MAG (Morning Awakening) at 22:00. The night period is highlighted in green.

Lav	
06:36	
	Not
	No
Rip.G	
16:09	

Lav	
05:15	
	Not
	No
RFR	
07:27	

Lav	
04:12	
	Not
	Si
Rip.G	
00:00	

Lav	
06:00	

=====

	Rip.
	00:00

=====

14/04/2014	NON ASSEGNATO					
Lu						
64						
15/04/2014	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Ma						
65						
16/04/2014	NON ASSEGNATO					
Me						
66						
17/04/2014	NON ASSEGNATO					
Gi						
67						
18/04/2014	NON ASSEGNATO					
Ve						
68						
19/04/2014	NON ASSEGNATO					
Sa						
69						
20/04/2014	Riposo Quantitativo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Do						
70						
21/04/2014	NON ASSEGNATO					
Lu						
71						
22/04/2014	NON ASSEGNATO					
Ma						
72						
23/04/2014	NON ASSEGNATO					
Me						
73						
24/04/2014	NON ASSEGNATO					
Gi						
74						
25/04/2014	NON ASSEGNATO					
Ve						
75						
26/04/2014	NON ASSEGNATO					
Sa						
76						
27/04/2014	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Do						
77						
28/04/2014	NON ASSEGNATO					
Lu						
78						
29/04/2014	NON ASSEGNATO					
Ma						
79						
30/04/2014	NON ASSEGNATO					
Me						
80						
01/05/2014	NON ASSEGNATO					
Gi						
81						

02/05/2014

Ve

82

NON ASSEGNATO

03/05/2014

Sa

83

Riposo Quantitativo

	Rip.
	00:00

04/05/2014

Do

84

NON ASSEGNATO