# Master Schedule

Each row in this master schedule represents one twenty-four hour period. Begin by gluing or taping the white edge of a strip to the far left edge of the first row. Use your white-and-black strips to fill in each row. Add more from the next strip if you can't fill in a row. Or trim the end if it goes past the end of the row and use that piece to start the next row.

| *Sunrise* | *Midday* | *Sunset* | *Midnight* | *Pre-dawn* |
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1. By the fourth day of this free-running experiment (which would be the fourth row of the Master Schedule), when was your "person" going to bed and waking up?

2. Was your person's wake/sleep cycle LONGER or SHORTER than the natural day/night cycle?

3. According those this actogram, at least in the first day or two of this experiment, did it seem that this person was more of a morning lark or a night owl?

4. The person in this study showed a shift in their wake/sleep cycle. Why is this type of shift uncommon in normal everyday life?