PHASE-SHIFT ACTIVITY (form A)

In this exercise, you will create an **actogram** that represents the wake/sleep cycle of an individual. The white and black strips represent the sleeping and waking intervals for a fictional person in a free-running experiment. This person is in an environment where they have no clue what time of day it is. They go to bed when they are sleepy and get out of bed when they feel rested.

The Master Schedule shows the actual twenty-four hour cycle. The bars are divided into light and dark sections representing the subject's wake-sleep cycle. You are to cut the white-and-black strips (representing the person's behaviors) and attach those to the Master Schedule. Cut the strips so the white-and-black pieces remain connected – DON'T cut the white and black pieces apart from each other.

Glue or tape the first bar along the first row of the Master Schedule making sure the white side of the bar is at the far left. You will find that the white-and-black strips aren't exactly the same length as the Master Schedule spaces. Here is what you should do:

- If the white-and-black strip is TOO LONG and extends beyond the first row, cut off the extra part and glue or tape it to the start of the second row of the Master Schedule. Then continue by adding the next full strip to finish that row.
- If the white-and-black strip is TOO SHORT and doesn't reach the end of the first row, cut off the start of the next white-and-black strip to finish off the first row. Continue the second row by using what's left from the strip that you just borrowed from.

Continue trimming and pasting the white-and-black strips until you have used all of your "data" — this would signify what the person in the experiment would think would have been seven, twenty-four hour days. Your final work should consist of a series of strips, alternating white and black, that shows when the person was asleep and awake during this free-running experiment.

awake	asleep
awake	asleep
awake	asleep
awake	asleep
awake	asleep
awake	asleep
awake	asleep

PHASE-SHIFT ACTIVITY (form B)

In this exercise, you will create an **actogram** that represents the wake/sleep cycle of an individual. The white and black strips represent the sleeping and waking intervals for a fictional person in a free-running experiment. This person is in an environment where they have no clue what time of day it is. They go to bed when they are sleepy and get out of bed when they feel rested.

The Master Schedule shows the actual twenty-four hour cycle. The bars are divided into light and dark sections representing the subject's wake-sleep cycle. You are to cut the white-and-black strips (representing the person's behaviors) and attach those to the Master Schedule. Cut the strips so the white-and-black pieces remain connected – DON'T cut the white and black pieces apart from each other.

Glue or tape the first bar along the first row of the Master Schedule making sure the white side of the bar is at the far left. You will find that the white-and-black strips aren't exactly the same length as the Master Schedule spaces. Here is what you should do:

- If the white-and-black strip is TOO LONG and extends beyond the first row, cut off the extra part and glue or tape it to the start of the second row of the Master Schedule. Then continue by adding the next full strip to finish that row.
- If the white-and-black strip is TOO SHORT and doesn't reach the end of the first row, cut off the start of the next white-and-black strip to finish off the first row. Continue the second row by using what's left from the strip that you just borrowed from.

Continue trimming and pasting the white-and-black strips until you have used all of your "data" — this would signify what the person in the experiment would think would have been seven, twenty-four hour days. Your final work should consist of a series of strips, alternating white and black, that shows when the person was asleep and awake during this free-running experiment.

awake	asleep
awake	asleep
awake	asleep
awake	asleep
awake	asleep
awake	asleep
awake	asleep