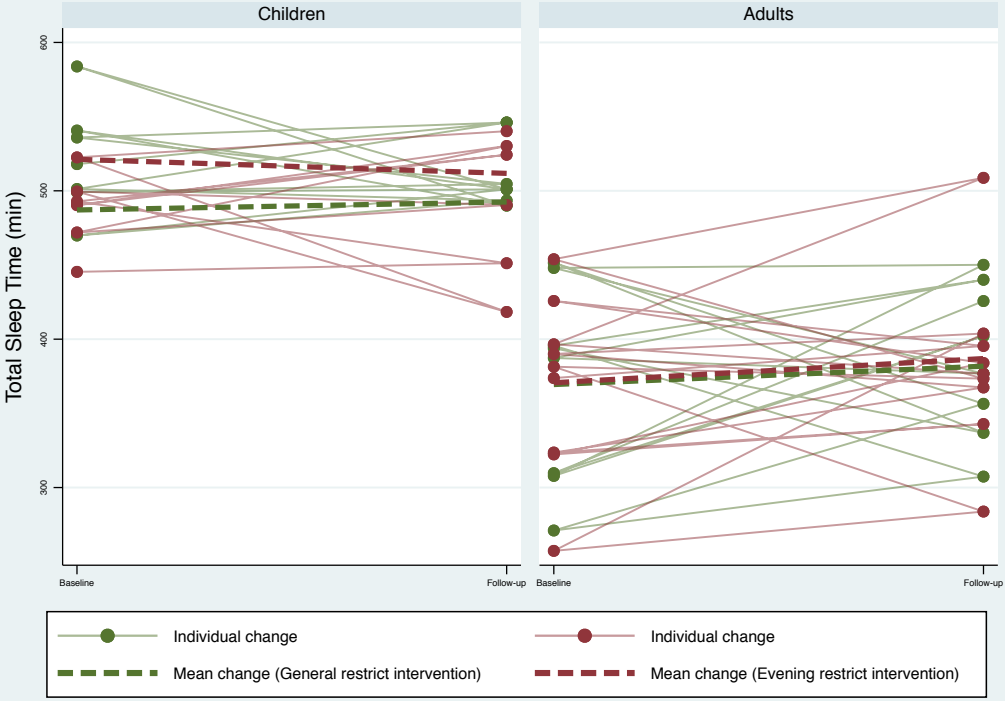
Children
Adults
Total Sleep Time (min)
600
500
400
300
Baseline
Follow-up
Baseline
Follow-up
Individual change
Mean change (General restrict intervention)
Individual change
Mean change (Evening restrict intervention)