

Errata:

- Synopsis: Table 2 on page 51: The NEO-PI-R and MEQ were only filled out once; during the 4th meeting. They were not part of the daytime function protocol at the 5th and 6th meeting. The KSS was filled out during the daytime function protocol at the 4th, 5th and 6th meeting and is missing from the table.
- Paper 2: At the bottom of table 2 in paper 2, the sentence: "Significant p-values (<0.5) are shown in bold text" should be: "Significant p-values (<.05) are shown in bold text."