

AMC, NS, JFD, and REK, have no conflicts of interest to disclose related to this work. SAR (All COI) has received research funding from Government of Ontario/Pharmacia Canada Inc./Genesis Research Foundation/OBGYN Graduate Scholarship in Science and Technology at the University of Toronto, Faculty of Medicine and the Frederick Banting and Charles Best Canada Graduate Scholarships Doctoral Award from Canadian Institutes of Health Research, Standard Life (Canada) Inc.; Dr. Rahman holds IP for Prevention of Circadian Rhythm Disruption by Using Optical Filters and Improving sleep performance in subject exposed to light at night; Dr. Rahman owns equity in Melcort and ZircLight, Inc.; Dr. Rahman is a coinvestigator on studies sponsored by Biological Illuminations, LLC; Vanda Pharmaceuticals Inc. MSH (Disclosures for past 12 months) has a consultancy agreement with Alertness CRC (Melbourne, Australia) and has provided paid consulting services to The Mathworks, Inc. (Natick, MA). CAC (Disclosures for past 12 months) Dr. Czeisler has received consulting fees from or served as a paid member of scientific advisory boards for: Amazon.com, Inc.; A2Z Development Center; Bose Corporation; Boston Celtics; Boston Red Sox; Cleveland Browns; Institute of Digital Media and Child Development; Jazz Pharmaceuticals; Merck & Co. Inc.; Novartis; Purdue Pharma; Quest Diagnostics, Inc.; Samsung Electronics; Teva Pharmaceuticals Industries Ltd.; and Vanda Pharmaceuticals, Inc. Dr. Czeisler has received lecture fees from Harvard School of Public Health; Maryland Sleep Society; National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); National Sleep Foundation; and the New England College of Optometry. The Sleep and Health Education Program of the Harvard Medical School Division of Sleep Medicine (which Dr. Czeisler directs) has received Educational Grant funding from Cephalon, Inc., Jazz Pharmaceuticals, Takeda Pharmaceuticals, Teva Pharmaceuticals Industries Ltd., Sanofi-Aventis, Inc., Sepracor, Inc. and Wake Up Narcolepsy. Dr. Czeisler is the incumbent of an endowed professorship provided to Harvard University by Cephalon, Inc. and holds a number of process patents in the field of sleep/circadian rhythms (e.g., photic resetting of the human circadian pacemaker). Since 1985, Dr. Czeisler has also served as an expert on various legal and technical cases related to sleep and/or circadian rhythms including those involving the following commercial entities: Bombardier, Inc.; Continental Airlines; FedEx; Greyhound; Purdue Pharma, L.P.; and United Parcel Service (UPS). Dr. Czeisler has also received education/research support from Cephalon Inc., Jazz Pharmaceuticals, Mary Ann & Stanley Snider via Combined Jewish Philanthropies, National Football League Charities, Optum, Philips Respironics, ResMed Foundation, San Francisco Bar Pilots, Schneider Inc., Simmons, Sysco and Vanda Pharmaceuticals, Inc. Dr. Czeisler owns an equity interest in Somnus Therapeutics, Inc. and Vanda Pharmaceuticals, Inc., and received royalties from McGraw Hill, Houghton Mifflin Harcourt, and Philips Respironics, Inc. for the Actiwatch -2 and Actiwatch-Spectrum devices. Dr. Czeisler's interests were reviewed and managed by Brigham and Women's Hospital and Partners HealthCare in accordance with their conflict of interest policies. SWL (Disclosures for past 12 months) Dr Lockley has received consulting fees from Serrado Capital and the Atlanta Hawks; he has or had current consulting contracts with Akili Interactive; Delos Living LLC; Environmental Light Sciences, LLC; Focal Point LLC; Headwaters Inc.; Hints Performance AG; Light Cognitive; OpTerra Energy Services Inc.; Pegasus Capital Advisors LP; PlanLED; Wyle Integrated Science and Engineering and co-owns iSleep pty; he has received unrestricted equipment gifts from Bioilluminations LLC; Bionetics Corporation; and Philips Lighting; royalties from Oxford University Press; honoraria plus travel, accommodation or meals for invited seminars, conference presentations or teaching from Informa Exhibitions (USGBC); travel, accommodation and/or meals only (no honoraria) for invited seminars, conference presentations or teaching from Lightfair; ongoing investigator-initiated research grants from Biological Illuminations LLC; and Respironics Inc. Dr Lockley also holds a process patent for the use of short-wavelength light for resetting the human circadian pacemaker and improving alertness and performance which is assigned to the Brigham and Women's Hospital per Hospital policy. Dr Lockley has also acted as a paid expert witness in cases related to sleep, circadian rhythms, and work hours. Dr Lockley also serves as a Program Leader in the Cooperative Research Centre for Alertness, Safety and Productivity. EBK (Disclosures for past 12 months) received travel reimbursement from the Sleep Technology Council and has served as an expert witness in a case involving transportation safety and sleep deprivation.