

Bed*Light*Day	5	1.089	0.379
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NREM SQI (assuming sphericity for all factors)

	df	F	P
Bed	1	1.407	0.266
Light	1	0.999	0.344
Day	5	0.837	0.531
Bed*Light	1	0.484	0.504
Bed*Day	5	1.029	0.412
Light*Day	5	3.832	0.006 [#]
Bed*Light*Day	5	0.812	0.547

[#] denotes significant findings