2.Subjects' average self-reported habitual caffeine consumption, calculated using publicly available norms for caffeine dose by type ofcaffeinated drink or chocolate [17], was 114 +- 98 mg (mean +- SD)per day.They were free of traces of alcohol, tobacco, anddrugs (except for oral contraceptives) as assessed by blood analysis,urine cotinine test, urine drug test, history, and questionnaires.The study was reviewed and approved by theInstitutional Review Board (IRB) of Washington State University, andconformed with the Code of Ethics of the World Medical Association(Declaration of Helsinki).Subjects hadno history of a moderate to severe brain injury, learning disability, orpsychiatric illnesses, as assessed by history and questionnaires.For the week prior to the laboratory experiment, subjects were also instructed to refrain from caffeine and alcohol consumption, and to avoid drugs including tobacco.Subjects had no sleep disorders, asverified by history, questionnaires, actigraphy, and baselinepolysomnography.During the week prior to the laboratory experiment, subjects wereinstructed to maintain their habitual sleep schedules and to avoidnapping.Compliance was verified with wrist actigraphy (Actiwatch-2;Respironics, Bend, OR).Methods2.1.