

Giornate del Turno	I MAC	II MAC	Totale	Lavoro Settimanale	lav. sett.	giornata	giorno	Riposo Cumulato
Riposi fuori residenza	2	3	5					
Servizi notturni	2	2	4					

24

24

23

24

19
20
21
22
23
24

21 22 23 24

2a.1.002

21/01/2013

Lu
Disp
9

DISPONIBILITA'

Lav	
07:36	

22/01/2013

Ma
Disp
10

DISPONIBILITA' (fine: 20:00)

Lav	
07:36	

23/01/2013

Me
I
11

INTERVALLO

24/01/2013

Gi
RQQ60
12

RIPOSO

	Rip.
	58:00

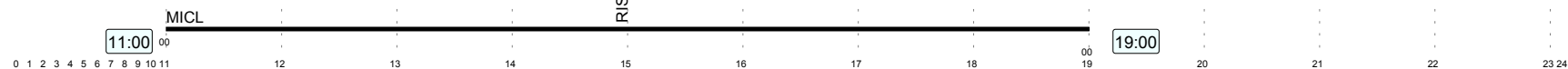
25/01/2013

Ve
7269
13

ASSENZA (7269)

26/01/2013

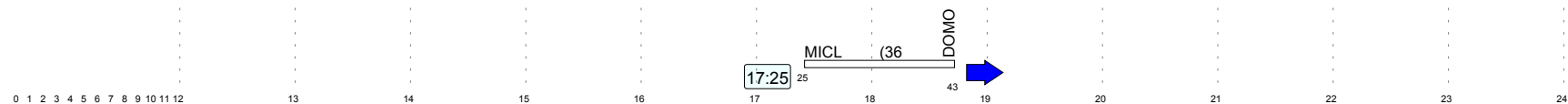
Sa
134003
14



Lav	
08:00	
	Not
	No
Rip.G	
22:25	

27/01/2013

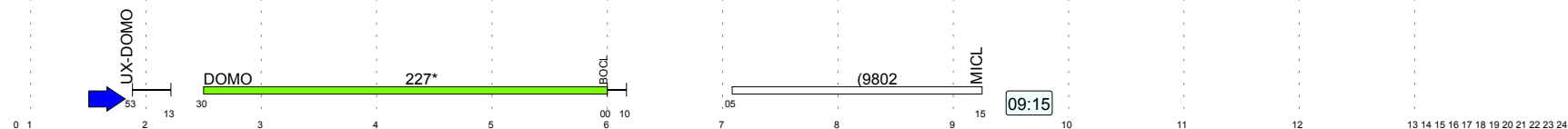
Do
114048
15



Lav	
01:18	
	Not
	No
RFR	
07:10	

28/01/2013

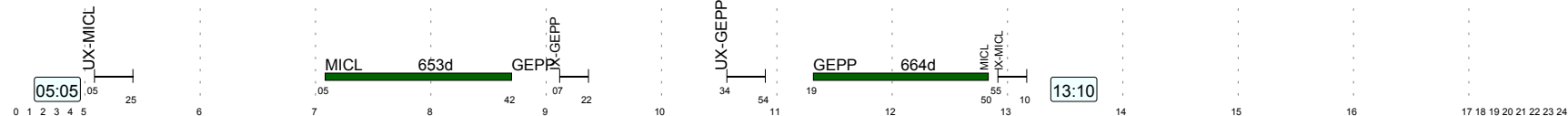
Lu
114048
16



Lav	
07:22	
	Not
	No
Rip.G	
19:50	

29/01/2013

Ma
114007
17



Lav	
08:05	
	Not
	No
Rip.G	
00:00	

30/01/2013

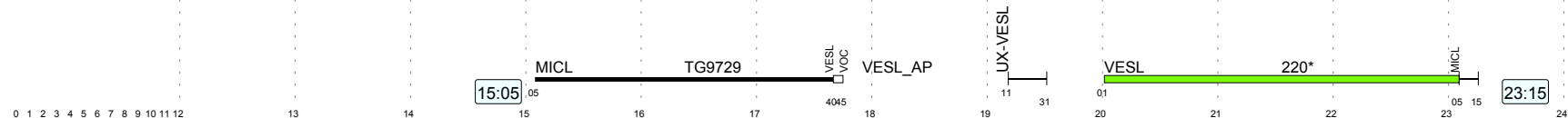
Me
R
18

RIPOSO

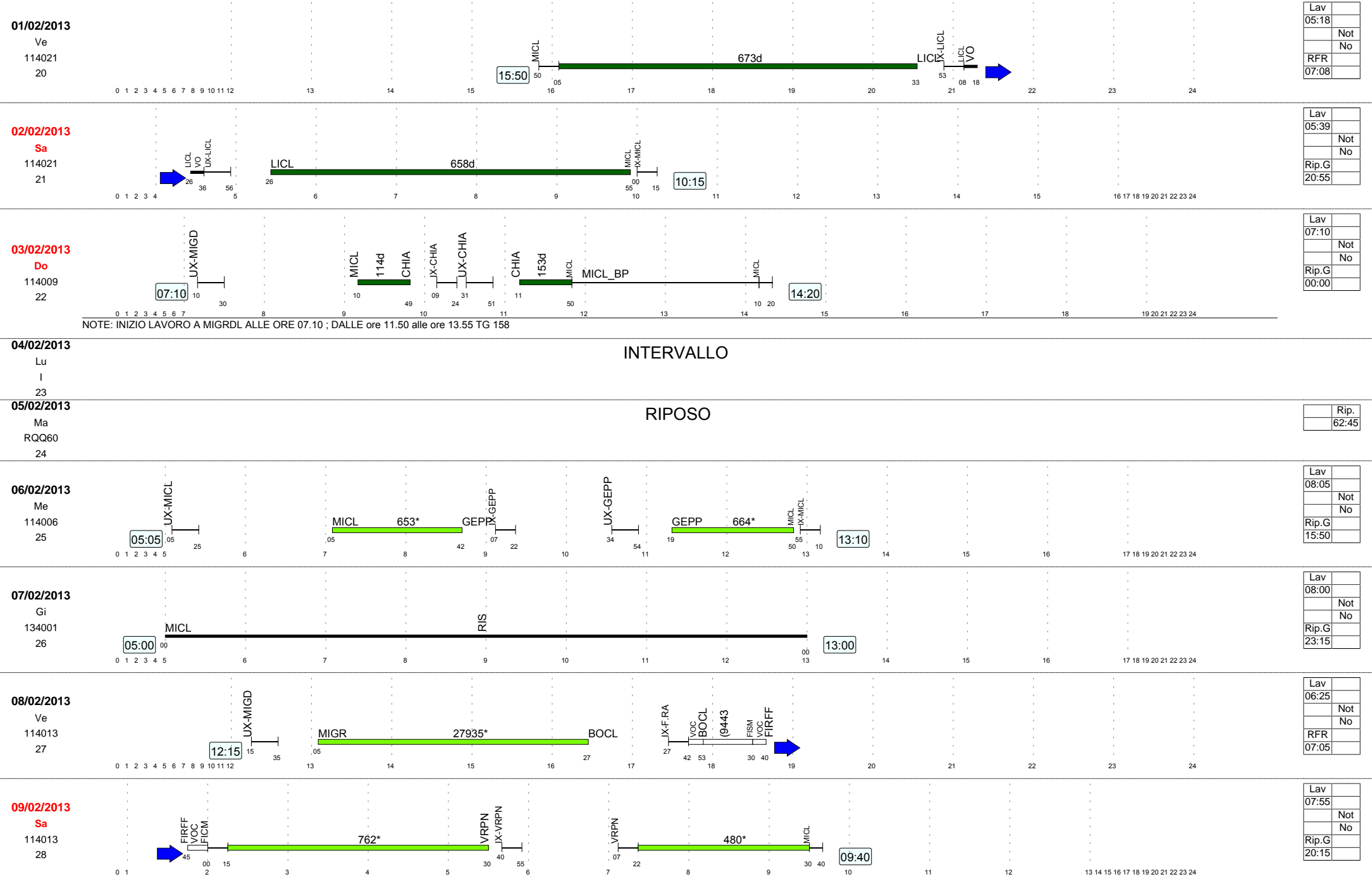
	Rip.
	49:55

31/01/2013

Gi
114024
19



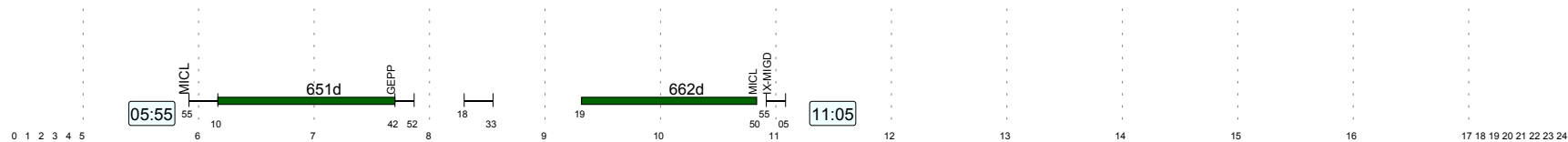
Lav	
08:10	
	Not
	No
Rip.G	
16:34	



10/02/2013

Do

114003
29



Lav	
05:10	
	Not
	No
Rip.G	
00:00	

11/02/2013

Lu

R

30

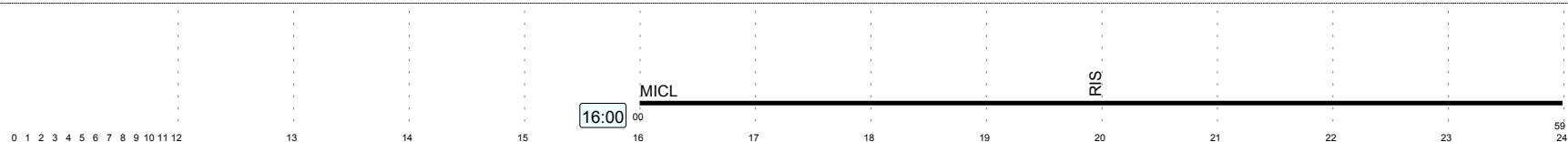
RIPOSO

	Rip.
	52:55

12/02/2013

Ma

134005
31



Lav	
07:59	
	Not
	No
Rip.G	
00:00	

13/02/2013

Me

Disp

32

DISPONIBILITA'

Lav	
07:36	

14/02/2013

Gi

Disp

33

DISPONIBILITA'

Lav	
07:36	

15/02/2013

Ve

Disp

34

DISPONIBILITA'

Lav	
07:36	

16/02/2013

Sa

I

35

INTERVALLO

17/02/2013

Do

RW

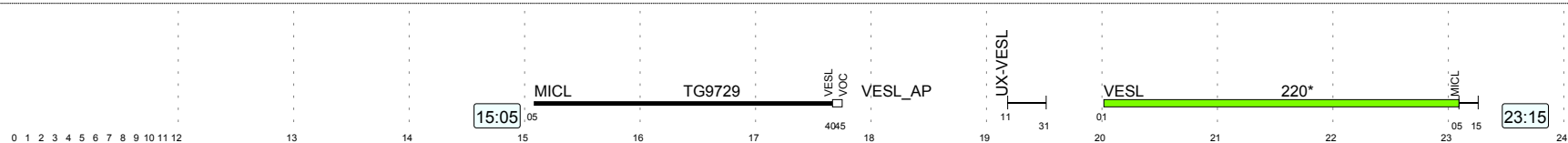
36

NON ASSEGNATO

18/02/2013

Lu

114024
37

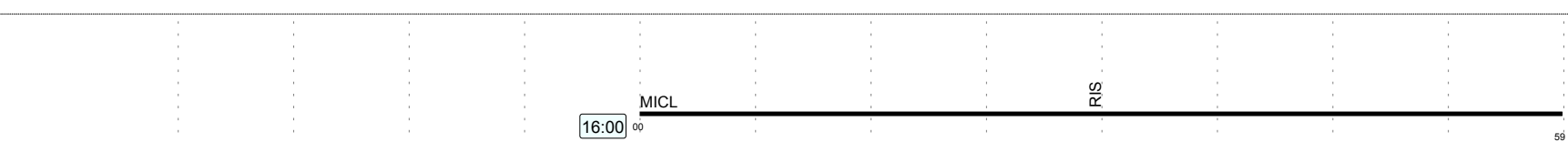


Lav	
08:10	
	Not
	No
Rip.G	
16:44	

19/02/2013

Ma

134005
38

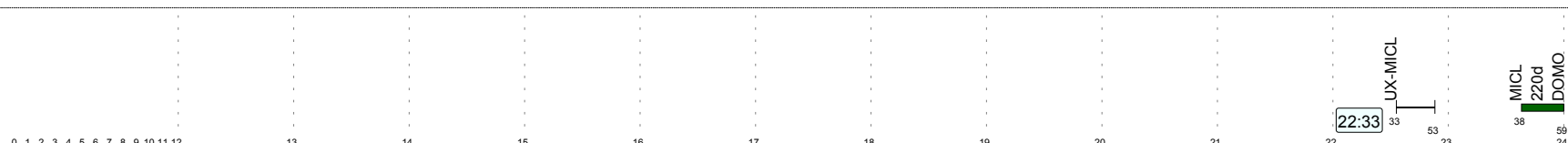


Lav	
07:59	
	Not
	No
Rip.G	
22:34	

20/02/2013

Me

114031
39



Gi 114031 40

MICL 220d DOM

0 55 1

15 25

DOMO

55

10

221d

MCL

38 48

05:48

Ve
134002
41
11:00
00
0 1 2 3 4 5 6 7 8 9 10 11

Timeline diagram showing the duration of MICL and RI. The timeline starts at 00:00 and ends at 19:00. MICL is represented by a black bar from 00:00 to 15:00. RI is represented by a black bar from 15:00 to 19:00. The timeline is marked with hours from 00 to 19.

NON ASSEGNATO

Lu
114055
44

Ma
114055
45

GEPP
690*
XXM
JX-XXM

0 1 25 40

[illegible]

Me
114019
46

0 1 2 3 4 5 6 7 8 9 10 11 12

Figure 1 shows two genomic regions: MIPG and BOCL. The MIPG region (left) spans from 15:44 to 18:08, with a 795d interval between the PC and PRAT genes. The BOCL region (right) spans from 20:48 to 23:25, with a 594d interval between the BOCL and IMCL genes. Both regions show a green bar representing the genomic track and a white bar representing the gene structure.

Gi
114016
47

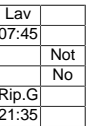
0 1 2 3 4 5 6 7 8 9 10 11 12

Figure 1: Schematic representation of the experimental design. The figure shows two horizontal timelines for two groups: '13:55' and '22:30'. The '13:55' group starts with a baseline measurement (14), followed by a 158-day treatment period (10 to 49) with MICL and CHIA interventions, and a final measurement (15). The '22:30' group starts with a baseline measurement (20), followed by a 113-day treatment period (21 to 30) with CHIA and MICL interventions, and a final measurement (22). Error bars represent standard error.

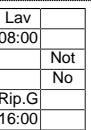
49

RIPOSO

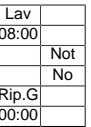
INTERVALLO



51



52

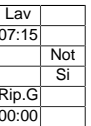


53

54

	Rip.
	75:33

55



57

58

59

R

	Rip.
	48:00

R

61

2a.1.002

15/03/2013	NON ASSEGNATO					
Ve						
62						
16/03/2013	NON ASSEGNATO					
Sa						
63						
17/03/2013	NON ASSEGNATO					
Do						
64						
18/03/2013	NON ASSEGNATO					
Lu						
65						
19/03/2013	RIPOSO	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Ma						
RQQ60						
66						
20/03/2013	NON ASSEGNATO					
Me						
67						
21/03/2013	NON ASSEGNATO					
Gi						
68						
22/03/2013	NON ASSEGNATO					
Ve						
69						
23/03/2013	NON ASSEGNATO					
Sa						
70						
24/03/2013	NON ASSEGNATO					
Do						
71						
25/03/2013	RIPOSO	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>48:00</td></tr></table>		Rip.		48:00
	Rip.					
	48:00					
Lu						
R						
72						
26/03/2013	NON ASSEGNATO					
Ma						
73						
27/03/2013	NON ASSEGNATO					
Me						
74						
28/03/2013	NON ASSEGNATO					
Gi						
75						
29/03/2013	NON ASSEGNATO					
Ve						
76						
30/03/2013	INTERVALLO					
Sa						
I						
77						
31/03/2013	NON ASSEGNATO					
Do						
RW						
78						

PERIODO: 13/01/2013 - 13/04/2013 IMPIANTO: MI-SB-XC TURNO: Deposito di Milano per personale Servizi di Base		
01/04/2013	NON ASSEGNATO	
Lu		
79		
02/04/2013	NON ASSEGNATO	
Ma		
80		
03/04/2013	NON ASSEGNATO	
Me		
81		
04/04/2013	NON ASSEGNATO	
Gi		
82		
05/04/2013	NON ASSEGNATO	
Ve		
83		
06/04/2013	RIPOSO	
Sa		
R		
84		
07/04/2013	NON ASSEGNATO	
Do		
85		
08/04/2013	NON ASSEGNATO	
Lu		
86		
09/04/2013	NON ASSEGNATO	
Ma		
87		
10/04/2013	NON ASSEGNATO	
Me		
88		
11/04/2013	NON ASSEGNATO	
Gi		
89		
12/04/2013	RIPOSO	
Ve		
R		
90		
13/04/2013	NON ASSEGNATO	
Sa		
91		

	Rip.
	48:00

	Rip.
	48:00