1. Read sections 6.1-6.3 in Peskin/Hoppensteadt and do problems 6.1, 6.4, 6.5 in the end of chapter 6 (p. 208).

2. *Delayed sleep-phase disorder* (DSPD), or *delayed sleep-phase syndrome* (DSPS), or *delayed sleep-phase type* (DSPT), is a circadian rhythm sleep disorder, which affects the timing of sleep, and disrupts the alertness, body temperature and hormonal rhythms of an affected individual compared to general population. Although there is no permanent cure for the disorder, some pharmacological and non-pharmacological treatments have been found to be partially successful in managing the condition. One such treatment is light therapy (phototherapy), used to artificially shift the phase of the patient’s circadian rhythm. Research and write a couple of paragraphs on the effects of light therapy on patients with delayed sleep-phase disorder (find out about and explain the light PRC).