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Resting variables	7:30h±30min	9:30h±30min	16:30h±30min	18:30h±30min	Diurnal changes
Body temperature (°C)	36.2 ± 0.4	36.3 ± 0.3	36.3 ± 0.4	36.2 ± 0.5	7:30<16:30* 16:30>18:30\$
Testosterone (nmol/L)	13.8 ± 3.6	11.6 ± 3.7	10.7 ± 3.3	11.0 ± 3.4	7:30>9:30,16:30 & 18:30***
Cortisol (nmol/L)	409.7 ± 109.7	258.5 ± 85.3	197.1 ± 96.2	129.5 ± 72.0	7:30>9:30,16:30&18:30*** 9:30>16:30#&18:30### 16:30>18:30\$\$\$
T/C ratio	0.036 ± 0.014	0.049 ± 0.021	0.067 ± 0.037	0.111 ± 0.075	7:30<9:30,16:30&18:30*** 9:30<18:30### 16:30<18:30\$\$\$

Table 1. Absolute values (mean ± SD) for resting body temperature, serum testosterone (T), cortisol (C) and T/C ratio (n=72). * Sign. different from 7:30; * < 0.05; *** < 0.001; # Sign. different from 9:30; # < 0.05; ### < 0.001; \$ Sign. different from 16:30; \$ < 0.05; \$\$\$ < 0.001.