

Città	Ore di sonno (h:mm)
Tokyo	5.44
Seoul	6.01
Dubai	6.14
Hong Kong	6.29
Las Vegas	6.32
Mexico City	6.33
Sao Paulo	6.35
Istanbul	6.38
Madrid	6.39
Shangai	6.40
Los Angeles	6.41
Moscow	6.42
Singapore	6.42
Miami	6.43
Milan	6.44
Zurich	6.44
New York	6.47
Atlanta	6.48
Phoenix	6.48
San José California	6.48
Toronto	6.48
Munich	6.48
Rome	6.49
Houston	6.49
San Francisco	6.49
Berlin	6.49
Boston	6.50
Chicago	6.50
Charlotte	6.51
Washington	6.51
Brisbane	6.51
Stocholm	6.51
San Antonio	6.52
Seattle	6.53
Austin	6.54
Dallas	6.54
Denver	6.54
Minneapolis	6.54
San Diego	6.54
Paris	6.54
London	6.54
Sidney	6.55
Orlando	6.56
Melbourne	6.58