This study was approved by the Regional Bioethics Committee of Isfahan Province (191086) and was conducted in accordance with the ethical principles and standards for the conduct of human and animal biological rhythm (Touitou Y, Portaluppi F, Smolensky MH, Rensing L. Ethical principles and standards for the conduct of human and animal biological rhythm research. [Chronobiol Int.](http://www.ncbi.nlm.nih.gov/pubmed/?term=Touitou+Y%2C+Portaluppi+F%2C+Smolensky+MH%2C+Rensing%23+L.+Ethical+principles+and+standards+for+the+conduct+of+human+and+animal+biological+rhythm+research.+Chronobiology+international.+2004%3B21(1)%3A161-70.) 2004;21(1):161-70.)