


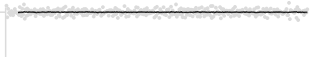

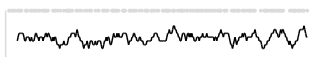


Sleep Report

	Recent	Long-term	Graph
Date began	2020-12-16	2019-12-31	
Total Sleep Time	8:16 ± 0:44	7:56 ± 1:02	
Wake At	12:47 ± 1:36	13:07 ± 1:31	
Asleep At	4:30 ± 1:06	5:11 ± 1:10	
Day Length	24:08 ± 1:28	24:00 ± 1:25	
Sleeps Per Day	0.93 ± 0.26	1.00 ± 0.00	
Medications Per Day	0.50 ± 0.50	0.48 ± 0.50	

Timezone: Etc/GMT

The numbers above show mean ± standard deviation, calculated from the digital diary. Sleeps Per Day and Medications Per Day are calculated based on biological days, so a 36-hour day with an 8-hour primary sleep and a 4-hour secondary sleep counts as two sleeps per day.

Total Sleep Time includes naps, but Wake At and Asleep At do not.

The black lines in the graph show the 14-day rolling average.
The grey dots in the graph show a single event.

We would like to thank the Centre of Sleep and Chronobiology, University of Toronto for the original concept of the Sleep Disorder Patient Chart originated by Moldofsky/MacFarlane © 1990

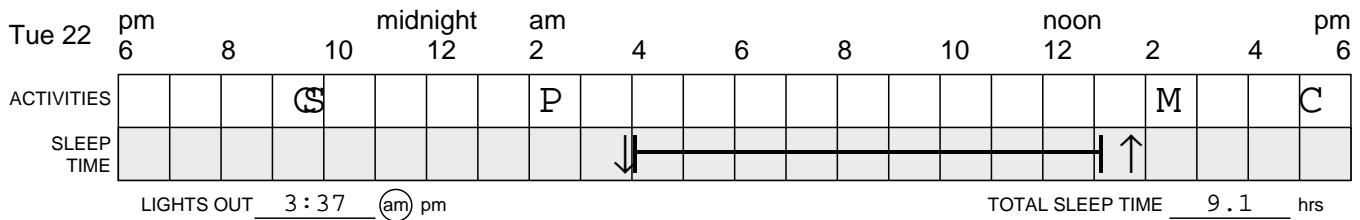
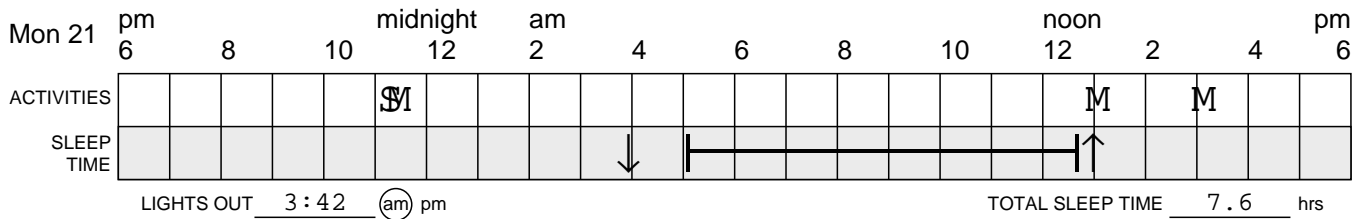
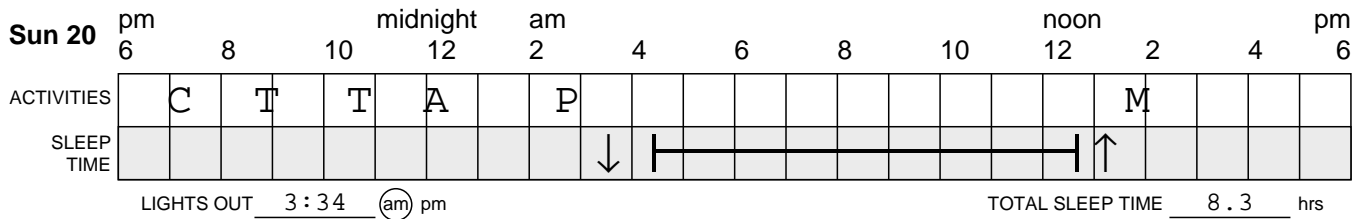
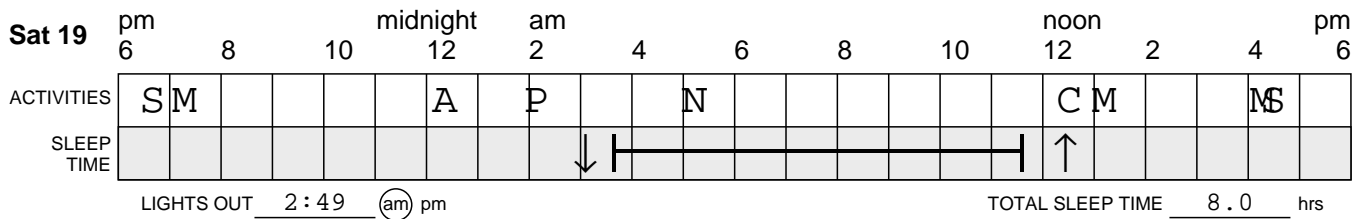
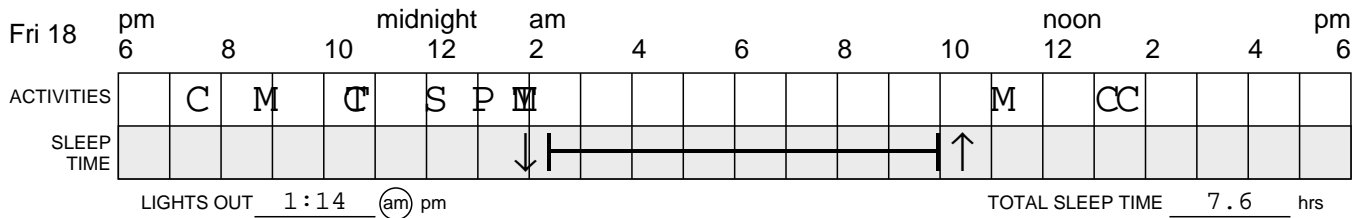
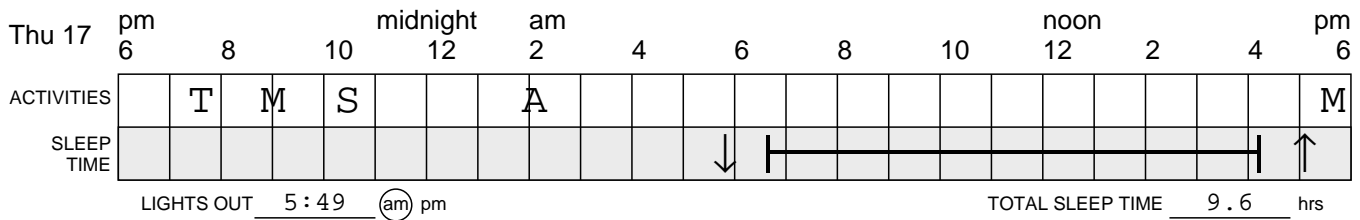
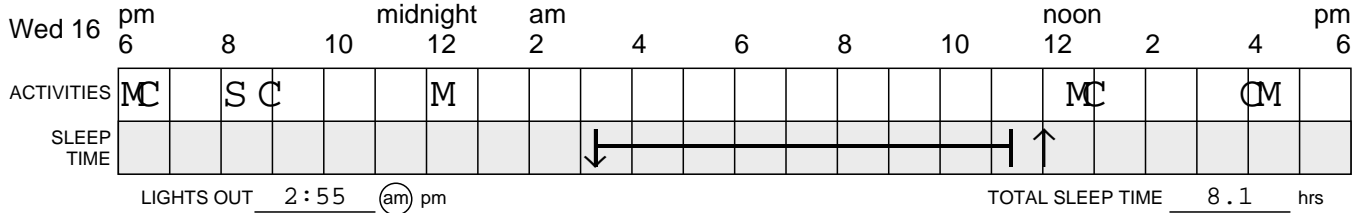
Please send feedback to sleepdiary.github.io

Software version: f2e34e3/6547d9a

Report version: 20210606

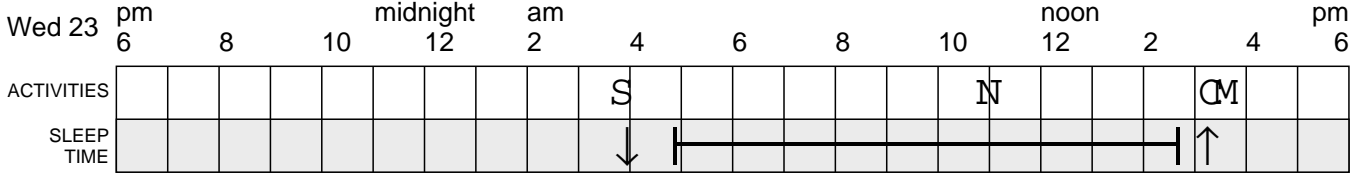
Week 1

Date began: 2020-12-16

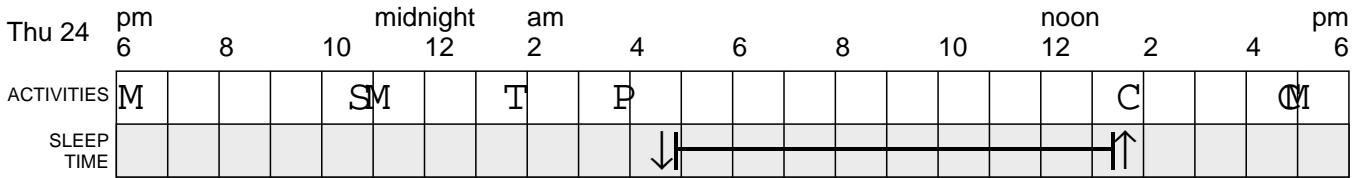


Week 2

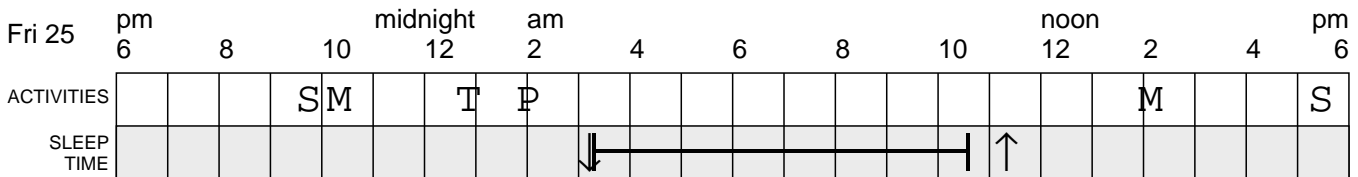
Date began: 2020-12-23



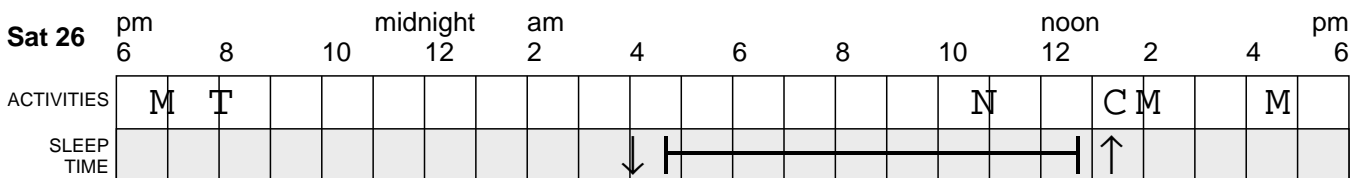
LIGHTS OUT 4:01 (am) pm TOTAL SLEEP TIME 9.8 hrs



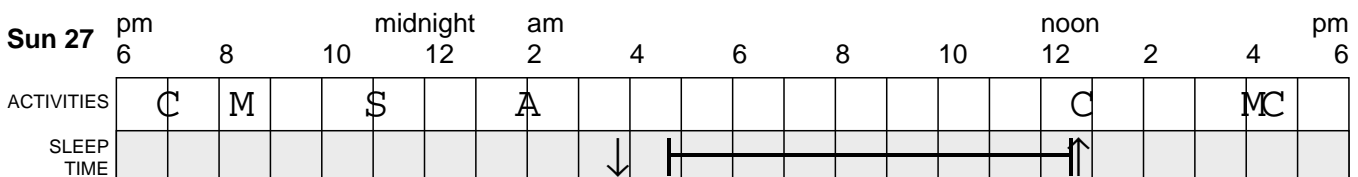
LIGHTS OUT 4:28 (am) pm TOTAL SLEEP TIME 8.6 hrs



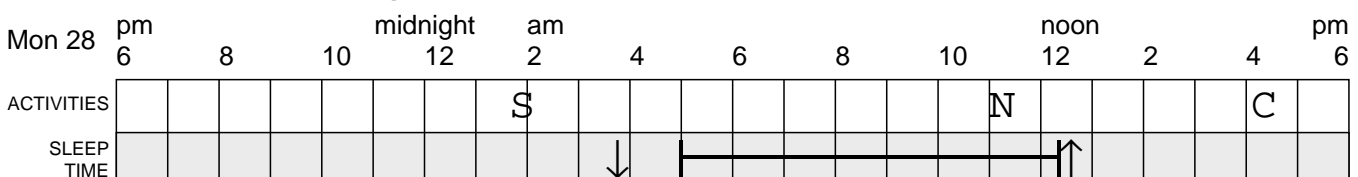
LIGHTS OUT 3:04 (am) pm TOTAL SLEEP TIME 7.3 hrs



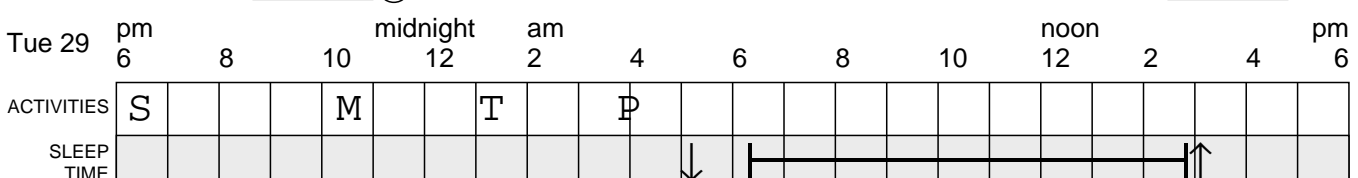
LIGHTS OUT 3:47 (am) pm TOTAL SLEEP TIME 8.1 hrs



LIGHTS OUT 3:52 (am) pm TOTAL SLEEP TIME 7.9 hrs



LIGHTS OUT 3:28 (am) pm TOTAL SLEEP TIME 7.4 hrs



LIGHTS OUT 4:57 (am) pm TOTAL SLEEP TIME 8.5 hrs

6pm

2019-12

6pm

