



Sleep

last: 18h05 ago

tap to bedtime

Meal

last: 3h12 ago

tap to start

Coffee

last: 6h32 ago

tap to record

Exercise

last: 2d ago

tap to start

Melatonin

last: 12h35 ago

tap to record

Light therapy

since: 3h24

tap to end

Sensors

last: 3h15 ago

tap to record



Sleep

since: 1min ago

tap to fall asleep

Meal

last: 3h12 ago

tap to start

Coffee

last: 6h32 ago

tap to record

Exercise

last: 2d ago

tap to start

Melatonin

last: 12h35 ago

tap to record

Light therapy

since: 3h24

tap to end

Sensors

last: 3h15 ago

tap to record



Sleep

since: 6h29 ago

tap to wake up

Meal

last: 3h12 ago

tap to start

Coffee

last: 6h32 ago

tap to record

Exercise

last: 2d ago

tap to start

Melatonin

last: 12h35 ago

tap to record

Light therapy

since: 3h24

tap to end

Sensors

last: 3h15 ago

tap to record



Sleep

since: 32 min ago

tap to get up

Meal

last: 3h12 ago

tap to start

Coffee

last: 6h32 ago

tap to record

Exercise

last: 2d ago

tap to start

Melatonin

last: 12h35 ago

tap to record

Light therapy

since: 3h24

tap to end

Sensors

last: 3h15 ago

tap to record

Home/Tap

New entry

History

Graph

Stats

Import/Export/Backup

Options

Account: John Abela



Event type:

Sleep

Meal

Coffee

Light therapy

Melatonin

Exercise

Sensors



Event type:

Sleep

Bedtime:

10 July 2021

18:29

Now

Asleep time:

10 July 2021

18:44

Now

Holes:

None

Wake-up time:

10 July 2021

20:44

Now

Out of bed time:

10 July 2021

21:04

Now

Bedtime to asleep: 15 min. Duration: 2h. Wake-up to out of bed: 20 min.

Tags:

Aid_Multivitamins
Hindrance_Headache
Tag_Nap

Link to:

Session 10 July 2021

13:03 --> 15:36

Note:

Placeholder

Cancel

Save



Tags

Aids_Melatonin



Aids_Multivitamins



Hindrance_Headache



Hindrance_Noise



Tag_Nap



Cancel

OK

Aids_Multivitamins
Hindrance_Headache
Tag_Nap

Session 10 July 2021

13:03 --> 15:36

Note: Placeholder

Cancel

Save



Event type:

Melatonin

Time:

10 July 2021

18:29

Now

Tags:

None

Link to:

None

Note:

Placeholder

Cancel

Save



Event type:

Light therapy

Start time:

10 July 2021

18:44

Now

End time:

10 July 2021

20:44

Now

Holes:

None

Duration: 2h.

Tags:

None

Link to:

None

Mood level:

2 - Midly bad

Note:

Placeholder

Cancel

Save



Event type:

Light therapy

Start time:

10 July 2021

18:44

Now

Mood level

How well did you feel before starting?

(rate 0 for worse, 10 for best, hold to remove value):

0 - worse



1 - quite bad



2 - midly bad



3 - slightly bad



Cancel

OK

Cancel

Save



Circalog - History



Sleep	sat. 10/07/2021 15:01 sat. 10/07/2021 07:59	6 tags	6:52
Light therapy	fri. 9/07/2021 16:30 sat. 10/07/2021 01:03	0 tags	8:30
Sleep	fri. 9/07/2021 16:14 fri. 9/07/2021 12:16	21 tags	3:58



Event type:

Sleep

Bedtime:

10 July 2021

18:29

Now

Asleep time:

10 July 2021

18:44

Now

Holes:

None

Wake-up time:

10 July 2021

20:44

Now

Out of bed time:

10 July 2021

21:04

Now

Bedtime to asleep: 15 min. Duration: 2h. Wake-up to out of bed: 20 min.

Tags:

Aid_Multivitamins
Hindrance_Headache
Tag_Nap

Link to:

Session 10 July 2021
13:03 --> 15:36

Note: Placeholder

Cancel

Save

Delete



New entry

Filter

Search

Sleep

sat. 10

sat. 10

Light therapy

fri. 9/0

sat. 10/07/2021 01:03

0 tags

0:30

Sleep

fri. 9/07/2021 16:14

fri. 9/07/2021 12:16

21 tags

3:58



Sleep	sat. 10/07/2021 15:01 sat. 10/07/2021 07:59	6 tags	6:52
Light therapy	fri. 9/07/2021 16:30 sat. 10/07/2021 01:03	0 tags	8:30
Sleep	fri. 9/07/2021 16:14 fri. 9/07/2021 12:16	21 tags	3:58

Filter

by event type: 18:29

by tags: None

OK



Circalog - History (filtered)



Sleep

sat. 10/07/2021 15:01

sat. 10/07/2021 07:59

6 tags

6:52

Sleep

fri. 9/07/2021 16:14

fri. 9/07/2021 12:16

21 tags

3:58

Event type: Sleep

All tags:

Average duration: 6h12 ± 30min

Median duration: 5h03 ± 20min

Average differential start time: 45min ± 10min

Median differential start time: 30min ± 15min

Average differential end time: 45min ± 10min

Median differential end time: 30min ± 15min

Tag Melatonin:

Average duration: 6h12 ± 30min

Median duration: 5h03 ± 20min

Average differential start time: 45min ± 10min

Median differential start time: 30min ± 15min

Average differential end time: 45min ± 10min

Median differential end time: 30min ± 15min

Event type: Light therapy

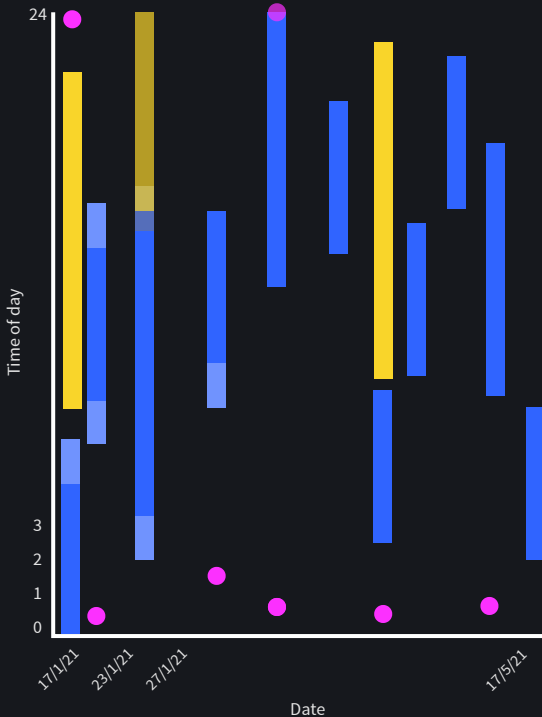
All tags:

Average duration: 6h12 ± 30min

Median duration: 5h03 ± 20min

Average differential start time: 45min ± 10min

Median differential start time: 30min ± 15min



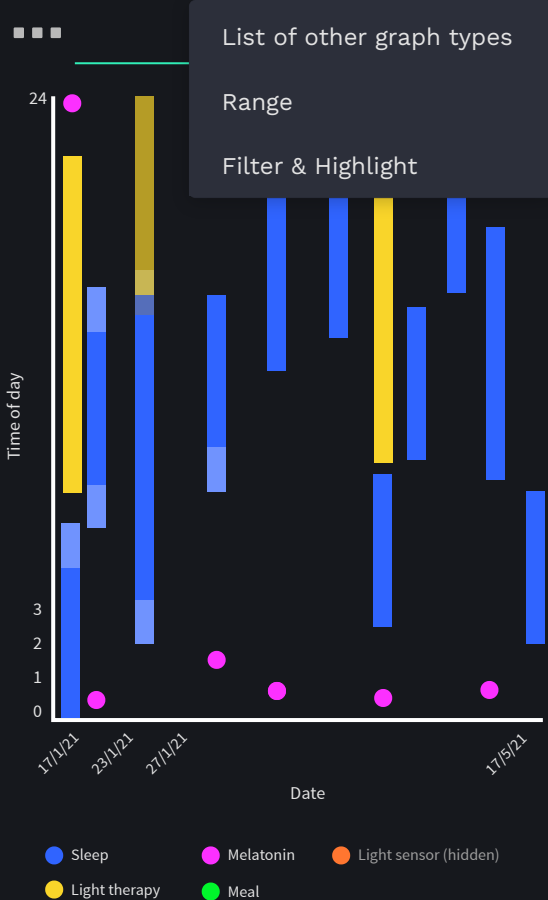
Sleep

Melatonin

Light sensor (hidden)

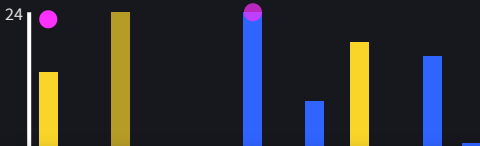
Light therapy

Meal





Time of day



Filter & Highlight

Filter by event type: 18:29

Filter by tags: None

Highlight by event type: 18:29

Highlight by tags: Sleep inertia

Cancel

OK

17/1/21

23/1/21

27/1/21

Date

17/5/21

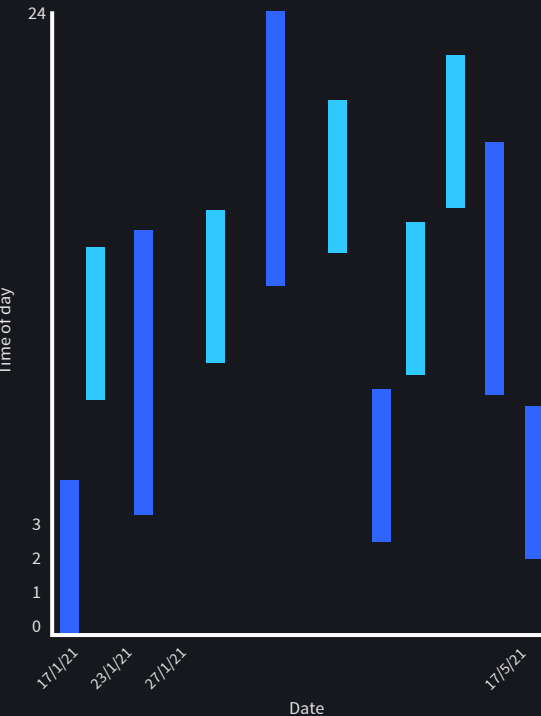
Sleep

Melatonin

Light sensor (hidden)

Light therapy

Meal



Sleep

Sleep (highlighted)



24

Time of day

Graphs selector

Sleep graph of daily sleep diary



Sleep processes estimates

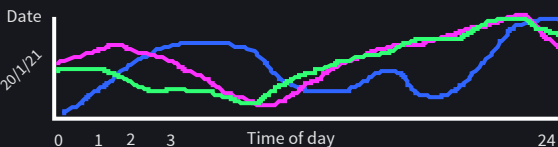
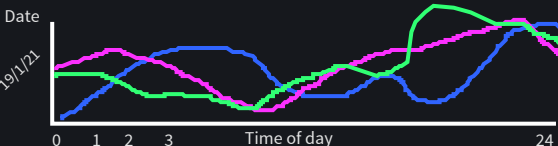
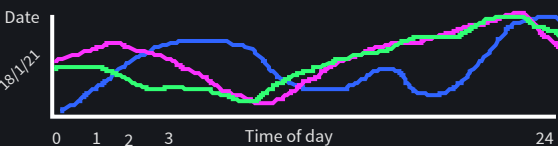
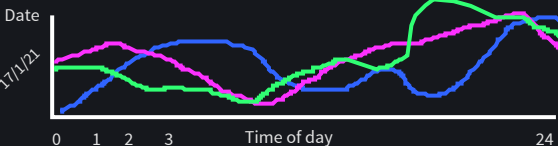
Sleep clock

Differential evolution of wake up time

Duration

Date

 Sleep Melatonin Light sensor (hidden) Light therapy Meal



Circadian phase



Sleep homeostat

Combined sleep pressure
homeostat + (1/circadian)

