







Sleep Report

	Recent	Long-term	Graph
Date began	2020-12-31	2020-12-31	
Total Sleep Time	7:15 ± 1:24	7:15 ± 1:24	
Wake At	7:34 ± 1:15	7:34 ± 1:15	
Asleep At	0:18 ± 0:54	0:18 ± 0:54	
Day Length	23:55 ± 1:04	23:55 ± 1:04	
Sleeps Per Day	1.00 ± 0.00	1.00 ± 0.00	
Medications Per Day	0.00 ± 0.00	0.00 ± 0.00	

Timezone: Europe/London

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: f2e34e3/560179f
Report version: 20210606

Week 1

Date began: 2020-12-31

	pm 6	8	10	midnight 12	am 2	4	6	8	10	noon 12	2	4	pm 6
Thu 31													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>6.6</u> hrs
Fri 1													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>6.7</u> hrs
Sat 2													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>6.0</u> hrs
Sun 3													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>5.6</u> hrs
Mon 4													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>8.2</u> hrs
Tue 5													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>7.5</u> hrs
Wed 6													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>9.5</u> hrs

Week 2

Date began: 2021-01-07

	pm 6	8	10	midnight 12	am 2	4	6	8	10	noon 12	2	4	pm 6
Thu 7													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>9.3</u> hrs
Fri 8													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>8.8</u> hrs
Sat 9													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>4.6</u> hrs
Sun 10													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>6.5</u> hrs
Mon 11													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>8.1</u> hrs
Tue 12													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>8.2</u> hrs
Wed 13													
ACTIVITIES													
SLEEP TIME													
	LIGHTS OUT _____ am pm												TOTAL SLEEP TIME <u>6.0</u> hrs

6pm

2020-12

6pm

	6pm	2021-01	6pm
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			