

Sleep Formulas and Data Sets required

**Evening Sleep Score (**9pm - 12am)

Deep Sleep hours = PMTDS - the total amount of time in deep sleep between 9pm-12am

Average Deep Sleep Duration = PMADSD - the average period of deep sleep between 9pm-12am

Deep sleep instances = PMDSI - the number of deep sleep instances between 9pm-12am

Light Sleep hours = PMTLS - the total amount of time in light sleep between 9pm-12am

Average Light Sleep Duration = PMALSD - the average period of light sleep between 9pm-12am

Average number of light sleep instances = PMANLSI - the number of light sleep instances between 9pm-12am

Wake Up Hours = PMWKH - the total amount of hours spent awake between between 9pm-12am

Number of wakeups = PMNWK - the number of wakeups between 9pm-12am

Average Duration of wakeups = PMADWK average period of wakeups between 9pm-12am

Additional Data (Beddit Users)

Time to fall asleep = PMATFS - the time it takes you to fall asleep

Average heart rate = PMAHR

Highest heart rate = PMHHR

Lowest heart rate = PMLHR

Heart rate variability score = PMHRVS

Average Breaths per minute = PMABPM

Total snoring duration = PMTSD

Instances of snoring = PMIOS

Deep sleep snoring instances = PMDSS

Light sleep snoring instances = PMLSS

**Draft Formulas**

PM Deep Sleep Score (PMDSS) = PMTDS.PMADSD

PMDSI+(PMNWK.PMADWK)

PM Light Sleep Score (PMDSS) = PMTLS.PMALSD

PMANLSI+(PMNWK.PMADWK)

PM Beddit Heart Rate score = PMHRVS.PMLHR.PMAHR

PMHHR.PMABPM

PM Beddit Snoring Score = PMTSD.PMIOS

Morning Sleep Score (12am-9am)

Deep Sleep hours = AMTDS - the total amount of time in deep sleep between 12am - 9am

Average Deep Sleep Duration = AMADSD - the average period of deep sleep between 12am - 9am

Deep sleep instances = AMDSI - the number of deep sleep instances between 12am - 9am

Light Sleep hours = AMTLS - the total amount of time in light sleep between 12am - 9am

Average Light Sleep Duration = AMALSD - the average period of light sleep between 12am - 9am

Average number of light sleep instances = AMANLSI - the number of light sleep instances between 12am - 9am

Wake Up Hours = AMWKH - the total amount of hours spent awake between between 12am - 9am

Number of wakeups = AMNWK - the number of wakeups between 12am - 9am

Average Duration of wakeups = AMADWK average period of wakeups between 12am - 9am

Additional Data (Beddit Users)

Average time to final wake up = AMATFWK

Average heart rate = AMAHR

Highest heart rate = AMHHR

Lowest heart rate = AMLHR

Heart rate variability score = AMHRVS

Average Breaths per minute = AMABPM

Total snoring duration = AMTSD

Instances of snoring = AMIOS

Deep sleep snoring instances = AMDSS

Light sleep snoring instances = AMLSS

**Draft Formulas**

AM Deep Sleep Score (PMDSS) = AMTDS.AMADSD

AMDSI+(AMNWK.AMADWK)

AM Light Sleep Score (PMDSS) = AMTLS.AMALSD

AMANLSI+(AMNWK.AMADWK)

AM Beddit Heart Rate score = AMHRVS.AMLHR.AMAHR

AMHHR.AMABPM

AM Beddit Snoring Score = AMTSD.PMIOS

Daytime Activity Score (9am-9pm)

Intense Activity

Daytime Intense Activity hours = DTIAH - the total amount of time in intense activity between 9am - 9pm

Average Daytime Intense Activity Duration = AMADIAD - the average period of intense activity between 9am - 9pm

Intense Activity instances = AMIAI - the number of intense activity instances between 9am - 9pm

Light Activity