

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

**Draft Formulas**

PM Deep Sleep Score (PMDSS) = PMTDS.PMADSD

PMDSI+(PMNWK.PMADWK)

PM Light Sleep Score (PMDSS) = PMTLS.PMALSD

PMANLSI+(PMNWK.PMADWK)

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

**Draft Formulas**

AM Deep Sleep Score (PMDSS) = AMTDS.AMADSD

AMDSI+(AMNWK.AMADWK)

AM Light Sleep Score (PMDSS) = AMTLS.AMALSD

AMANLSI+(AMNWK.AMADWK)

Daytime Activity Score (9am-9pm)

Intense Activity

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

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

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

Light Activity

Daytime Light Activity hours = DTLAH - the total amount of time in light activity between 9am - 9pm

Average Daytime Light Activity Duration = DTADLAD - the average period of light activity between 9am - 9pm

Light Activity instances = DTLAI - the number of light activity instances between 9am - 9pm

**Draft Formulas**

Daytime Intense Activity Score (DTIAS) = DTIAH.DTAIAD + DTIAI

Daytime Light Activity Score (DTLAS) = DTLAH. DTADLAD + DTLAI