Confidential and do not share under any circumstances



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

**Final Formulas**

PM Deep Sleep Score (PMDSS) = (PMTDS)

PMDSI+(PMNWK.PMADWK)

PM Light Sleep Score (PMLSS) = PMTLS

PMANLSI+(PMNWK.PMADWK)

Rule if score is > 1 then divide the score by itself.

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

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**Final Sleep Score Formulas**

AM Deep Sleep Score (PMDSS) = AMTDS

AMDSI+(AMNWK.AMADWK)

AM Light Sleep Score (PMDSS) = AMTLS

AMANLSI+(AMNWK.AMADWK)

19 Sheep Daily Sleep Score

SDSS={0.75(PMDSS)+0.25(AMDSS)} x 100

**Daily Sleep Bank Bar Graph**

**Rules IF**

Score

0< SDSS < 19.99 = -2 = Red 2 cells

20< SDSS < 29.99 = -1 = Red 1 cell

30< SDSS < 39.99 = -1 = Orange 1 cell

40< SDSS < 49.99 = +1 = Green 1 cell

50< SDSS = +2 = Green 2 cells

Sleep Bank - requires 3 consecutive days of sleep data

If the user doesn’t have this much data then the message should be

‘This graph will appear when we have 3 consecutive days of your sleep data’

The graph is a horizontal bar graph using a traffic light model of notification.

See excel file for user messages.

19 Sheep Daytime Activity Score (24 hours)

Intense Activity

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

Moderate Activity

Daytime Moderate Activity hours = DTMAH - the total amount of time in moderate activity between 9am - 9pm

Light Activity

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

Daytime Intense Activity Score (DTIAS) = DTIAH

10 points per min

Daytime Moderate Activity Score (DTMAS) = DTLAH

3 points for per 1 min

Daytime Light Activity Score (DTLAS) = DTLAH

1 points for per min

19 Sheep Daily Activity Score

Final formula

SDAS= DTIAS +DTMAS + DTLAS

19 sheep activity bank score

**Rules IF**

Score

0< SDAS < 19.99 = -2 = Red 2 cells

20< SDAS < 49.99 = -1 = Red 1 cell

50< SDAS < 99.99 = -1 = Orange 1 cell

100< SDAS < 149.99 = +1 = Green 1 cell

150< SDAS < 199.99 = +2 = Green 2 cells

200< SDAS < 249.99 = +1 = Blue 1 cells

250< SDAS < 299.99 = +2 = Blue 2 cells

300< SDAS < 349.99 = +1 = Yellow 1 cells

350< SDAS = +2 = Yellow 2 cells

Sleep Bank - requires 3 consecutive days of sleep data

If the user doesn’t have this much data then the message should be

‘This graph will appear when we have 3 consecutive days of your sleep data’

The graph is a horizontal bar graph using a traffic light model of notification.

See excel file for user messages.