

Raw data from the sensors are aggregated into larger time frames and then used to plot the sleep graph and compute statistics.

Sleep graph screen

The graph screen shows up to three graphs: actigraph, hypnogram and noise graph (when Sleep noise recording is enabled). It also gives some numbers about your night, along with an option to rate and tag the record.

A healthy sleep (if you are a monophasic sleeper) is 7-8 hours long and consists of 5 sleep cycles where the first lasts for 70-100 minutes and the consequent cycles get longer but lighter. Each cycle consists of 5 stages lasting usually 5-15 minutes. Stage 1 and 2 are considered light sleep and this is the best time to be woken up in the morning. So a healthy sleep cycle looks like a 10-30 minutes of light sleep (high peaks) followed by an area of deep sleep (low peaks or no peaks) lasting 40-100 minutes. Different resources on sleep may provide different figures though.

So deep sleep % may actually range between 30%-70%. Figures out of this range may indicate either incorrect sleep tracking setup (see Setup sleep tracking TODO:) or some sleep issues. For example very low deep sleep % may indicate either sleep deprivation or issues in your life style such as higher alcohol or caffeine intake, not enough sport etc. See an example of such sleep graphs in the figure below.

Numbers

[numbers]	Numbers on the sleep graphs lorem ipsum - Date of the tracking - data is used for the morning (or day), when the trackign ended (TODO máme někde vysvětlení, proč ne k tomu předchozímu?) - [ic share variant] - share button - [ic dots vertical] - graph menu - Comment - Noise - Legend - Color palette - Documentation - Show on map - Delete location - Delete - Deep sleep : a ratio (%) and a duration (HH:MM) of all your deep sleep phases during the tracking. - Duration : sleep duration (sum of all sleep phases, awakes are not counted), and the surplus / deficit (šlo by tohle slovo udělat červeně?) from you Ideal daily sleep income. - Snoring : a percentage of time you were snoring during that tracking, and its total duration.
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Actigraph

[acti]	Actigraph is a visualization of the intensity of your nightly movements. The higher the peak, the more you've been moving.
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Icons on Actigraphy	[ic action pause] Pause of sleep tracking [clock] Alarms and snoozed alarms [ic action sunrise] Sunrise and sunset times [ic action noise] Snoring events [ic action cpap] Breath rate monitoring [ic battery 60] Battery (stand-by mode, or low battery)
Icons on Noise graph	[ic action talk] Sleep talking events [ic action sick] Cough and sneeze [ic action baby] Baby Cry [ic action laugh] Laugh [ic action mic] Sleep noise recordings [ic action dream] Lucid dreaming