

Life With A Baby: A Sleep Data Story.

Key Sleep Metrics

33%

Increase in Average Stress

144%

Increase in Negative Night Clasifications

142%

Increase in Awakenings

About The Data:

- 1. Data is taken over the first four months since welcoming my second child. Comparisons are made to the previous four months.
- 2. Sleep data was pulled from a Garmin Forerunner 945.
- 3. Sleep Score and other insights are part of the Garmin ecosystem. More information can be found [here](#) on Garmin's website.

