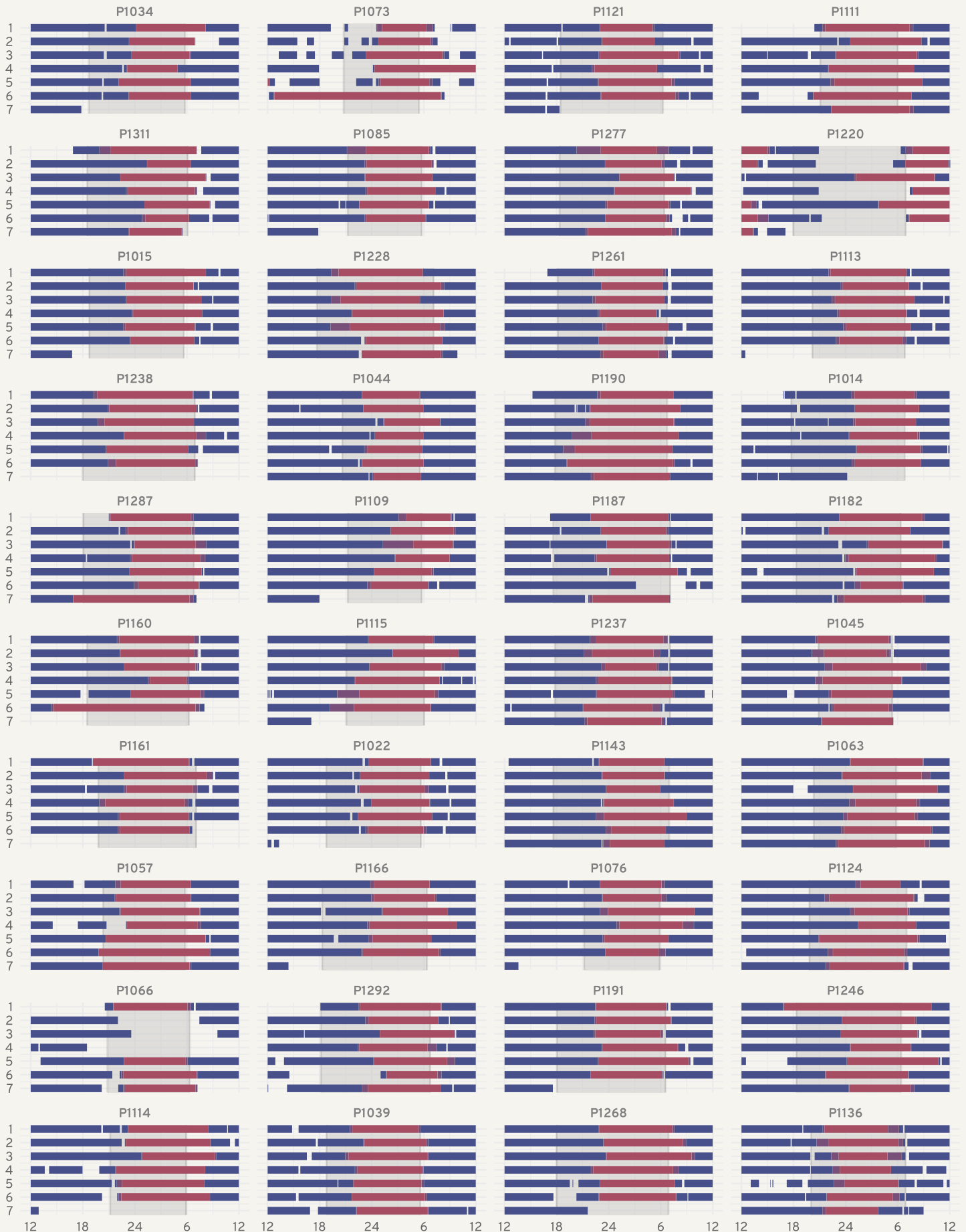


Sleep pattern in partners

Sleep patterns in partners of insomnia patients. Actograms are centered at midnight and ordered by mean sleep time of patients calculated by the ActiWatch. Night duration is shown in the background in light grey.



ACTIVE REST SLEEP