

Sleep-diary

mp	bedtime_v2	sleep_v2	sleepdelay_v2	awakenings_v2	awake_duration_v2	offset_v2	out_ofbed_v2	sle
	7/15/2025 0:15	7/15/2025 1:15	50	1	1	7/15/2025 7:27	7/15/2025 19:28	1
	7/15/2025 23:05	7/15/2025 11:20	30	0	0	7/16/2025 7:27	7/16/2025 7:30	4
	7/17/2025 0:09	7/17/2025 0:15	20	1	5	7/17/2025 7:35	7/17/2025 7:40	4
	7/18/2025 2:10	7/18/2025 2:10	21	0	0	7/18/2025 7:12	7/18/2025 8:02	4
	7/18/2025 11:28	7/18/2025 0:30	60	2	3	7/19/2025 1:29	7/19/2025 6:30	2
	7/19/2025 10:31	7/19/2025 11:32	45	0	0	7/20/2025 7:40	7/20/2025 8:00	4
	7/20/2025 22:07	7/20/2025 22:40	30	0	0	7/21/2025 7:30	7/21/2025 7:40	4

- `sleep_v2` needs to be later than `bedtime_v2`
- `out_ofbed_v2` needs to be later than `offset_v2`
- distances between `out_ofbed_v2` and `bedtime_v2` should be sensible
- be vigilant about 12h differences relating to am/pm!
- be vigilant about 24h differences relating to date
- `bedtime_v2` and `sleep_v2` will likely not be in the morning
- `offset_v2` and `out_ofbed_v2` will likely not be in the evening

Sleep-diary

mp	bedtime_v2	sleep_v2	sleepdelay_v2	awakenings_v2	awake_duration_v2	offset_v2	out_ofbed_v2	sle
	7/15/2025 0:15	7/15/2025 1:15	50	1	1	7/15/2025 7:27	7/15/2025 19:28	1
	7/15/2025 23:05	7/15/2025 11:20	30	0	0	7/16/2025 7:27	7/16/2025 7:30	4
	7/17/2025 0:09	7/17/2025 0:15	20	1	5	7/17/2025 7:35	7/17/2025 7:40	4
	7/18/2025 2:10	7/18/2025 2:10	21	0	0	7/18/2025 7:12	7/18/2025 8:02	4
	7/18/2025 11:28	7/18/2025 0:30	60	2	3	7/19/2025 1:29	7/19/2025 6:30	2
	7/19/2025 10:31	7/19/2025 11:32	45	0	0	7/20/2025 7:40	7/20/2025 8:00	4
	7/20/2025 22:07	7/20/2025 22:40	30	0	0	7/21/2025 7:30	7/21/2025 7:40	4

- **sleep_v2** needs to be later than **bedtime_v2**
- **out_ofbed_v2** needs to be later than **offset_v2** (wakeup time)
- distances between **out_ofbed_v2** and **bedtime_v2** should be sensible
- be vigilant about 12h differences relating to am/pm!
- be vigilant about 24h differences relating to date
- **bedtime_v2** and **sleep_v2** will likely not be in the morning
- **offset_v2** and **out_ofbed_v2** will likely not be in the evening



Needs to be shifted by +12 hrs



Needs to be shifted by +24 hrs



Shift not discernible. Suggest replacement with **out_ofbed_v2**



Needs to be shifted by -12 hrs

Identify implausible entries:

Sleep-diary

After changes:

bedtime_v2	sleep_v2	sleepdelay_v2	awakenings_v2	awake_duration_v2	offset_v2	out_ofbed_v2	s
7/15/2025 0:15	7/15/2025 1:15	50	1	1	7/15/2025 7:27	7/15/2025 7:28	1
7/15/2025 23:05	7/15/2025 23:20	30	0	0	7/16/2025 7:27	7/16/2025 7:30	4
7/17/2025 0:09	7/17/2025 0:15	20	1	5	7/17/2025 7:35	7/17/2025 7:40	4
7/18/2025 2:10	7/18/2025 2:10	21	0	0	7/18/2025 7:12	7/18/2025 8:02	4
7/18/2025 23:28	7/19/2025 0:30	60	2	3	7/19/2025 6:30	7/19/2025 6:30	2
7/19/2025 22:31	7/19/2025 23:32	45	0	0	7/20/2025 7:40	7/20/2025 8:00	4
7/20/2025 22:07	7/20/2025 22:40	30	0	0	7/21/2025 7:30	7/21/2025 7:40	4

- Make certain the format remains consistent! (whitespaces, etc.)
- Do not open with Microsoft Excel (changes formatting silently)
- Make certain output format stays the same (CSV)
- Document changes in a log-file:

A	B	C	D	E	F	G	H	I	J	K
Date	File	Modality	Row(s)	Column(s)	Original content	New content	rationale			
10.10.25	UCR_S015_SLEEPDIARY_202509	sleepdiary	1	out_ofbed_v2	7/15/2025 19:28	7/15/2025 7:28	am/pm error			
10.10.25	UCR_S015_SLEEPDIARY_202509	sleepdiary	2	sleep_v2	7/15/2025 11:20	7/15/2025 23:20	am/pm error			
10.10.25	UCR_S015_SLEEPDIARY_202509	sleepdiary	5	bedtime_v2	7/18/2025 11:28	7/18/2025 23:28	am/pm error			
10.10.25	UCR_S015_SLEEPDIARY_202509	sleepdiary	5	sleep_v2	7/18/2025 0:30	7/19/2025 0:30	date error			
10.10.25	UCR_S015_SLEEPDIARY_202509	sleepdiary	5	offset_v2	7/19/2025 1:29	7/19/2025 6:30	implausible value, changed to out_ofbed_v2			
10.10.25	UCR_S015_SLEEPDIARY_202509	sleepdiary	7	bedtime_v2	7/19/2025 10:31	7/19/2025 22:31	am/pm error			
10.10.25	UCR_S015_SLEEPDIARY_202509	sleepdiary	7	bedtime_v2	7/19/2025 11:32	7/19/2025 23:32	am/pm error			