

## 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

Identify implausible entries:

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
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	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

After changes:

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

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

[illegible]