

date	sleep start	sleep end	total sleep hours	light sleep min	deep sleep min	rem sleep min	awake min	awakenings	energy level	productivity score	task completion rate	study duration min
2024-12-01	4:38:00	10:52:00	6.1	224	104	58	4	2	3	4	100	0
2024-12-02	4:03:00	10:58:00	6.45	284	120	52	10	5	4	5	100	120
2024-12-03	0:47:00	9:30:00	8.37	344	103	98	6	2	5	2	-	0
2024-12-04	23:34:00	6:35:00	7.1	404	138	106	0	0	4	4	50	60
2024-12-05	2:12:00	7:13:00	5.1	464	89	75	0	0	3	6	75	60
2024-12-06	2:33:00	9:19:00	6.45	524	94	72	1	1	1	1	-	0
2024-12-07	5:44:00	11:19:00	5.35	584	103	64	0	0	2	2	-	120
2024-12-08	5:57:00	11:37:00	5.37	3.4	1.5	43	3	0	3	6	40	60
2024-12-09	4:31:00	12:11:00	7.32	4.14	1.43	1.35	8	4	3	6	45	70
2024-12-10	23:29:00	13:07:00	10.25	5.48	2.31	2.6	188	2	3	7	50	80
2024-12-11	4:26:00	11:54:00	7.28	3.27	2.8	1.53	0	0	3	6	40	65
2024-12-12	4:28:00	9:05:00	4.37	2.42	1.14	0.41	0	0	3	5	30	50
2024-12-13	0:44:00	7:23:00	6.34	3.2	1.5	1.24	5	0	3	6	35	55
2024-12-14	3:03:00	7:31:00	4.27	2.45	1.17	0.25	1	0	3	5	25	45
2024-12-15	11:47:00	14:53:00	3.6	1.43	0.48	0.35	0	0	3	5	20	40
2024-12-16	2:48:00	7:28:00	4.29	2.39	0.58	0.52	11	0	3	6	35	60
2025-12-17	1:01	11:03	9.95	312	126	159	4	4	4	7	55	75
2025-12-18	23:15	14:57	3.7	130	52	40	0	0	4	6	50	70
2025-12-19	3:36	7:39	3.25	153	42	35	13	1	4	7	60	80
2025-12-20	22:46	9:00	10.23	272	208	134	0	0	5	9	80	0
2025-12-21	1:52	11:11	9.27	281	158	117	3	1	5	9	85	0
2025-12-22	2:57	10:40	7.72	245	119	88	11	1	5	9	90	0
2025-12-23	2:22	11:35	9.02	287	173	81	14	5	5	9	90	0
2025-12-24	4:14	11:56	7.55	206	150	97	7	4	5	9	90	0
2025-12-25	3:37	7:01	3.37	93	66	43	2	1	5	9	95	0
2025-12-26	1:37	8:02	6.23	206	78	90	11	2	5	9	95	0
2025-12-27	2:24	7:39	5.25	176	71	68	0	0	5	9	90	0
2025-12-28	3:39	10:27	6.57	234	102	58	14	4	5	9	95	0
2025-12-29	6:45	12:37	5.73	206	91	47	8	3	5	9	90	0
2025-12-30	23:59	6:27	6.47	175	139	74	0	0	5	9	90	0
2025-12-31	4:47	5:24	0.62	0	0	0	0	0	4	7	70	0
2026-01-01	3:10	12:45	9.57	201	204	169	1	1	5	9	95	0
2026-01-02	2:44	7:04	4.33	105	86	69	0	0	4	7	65	0
2026-01-03	3:08	7:51	4.72	138	83	62	0	0	4	7	70	0