

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
2025-10-01	-	-	-	-	-	-	-	-	3	4	30	0
2025-10-02	12:02:00 AM	5:19:00 AM	5.17	2.4	1.38	1.35	0	0	3	6	40	20
2025-10-03	11:15:00 PM	7:45:00 AM	8.27	5.6	2.12	1.9	3	1	4	9	70	120
2025-10-04	10:11:00 PM	6:37:00 AM	8.26	5.42	1.33	1.11	0	0	5	7	50	40
2025-10-05	11:26:00 PM	6:22:00 AM	6.52	4.13	1.2	1.19	4	1	4	4	30	0
2025-10-06	11:36:00 PM	7:37:00 AM	8.1	4.33	1.59	1.29	0	0	4	9	90	120
2025-10-07	2:58:00 AM	9:21:00 AM	5.18	2.41	1.36	1.1	65	2	5	7	80	0
2025-10-08	1:32:00 AM	9:40:00 AM	7.12	4.5	1.48	1.19	56	2	4	8	80	60
2025-10-09	2:03:00 AM	8:30:00 AM	5.32	3.2	58	1.14	55	1	3	6	50	30
2025-10-10	-	-	-	-	-	-	-	-	2	4	30	0
2025-10-11	12:33:00 AM	5:29:00 AM	4.56	2.3	1.38	48	0	0	4	6	40	30
2025-10-12	2:46:00 AM	8:56:00 AM	5.48	3.23	1.11	1.14	22	4	3	9	100	120
2025-10-13	3:39:00 AM	6:54:00 AM	3.13	1.52	46	35	2	1	2	7	100	60
2025-10-14	-	-	-	-	-	-	-	-	3	10	100	180
2025-10-15	1:22:00 PM	5:36:00 PM	4.14	1.31	1.42	1.1	0	0	3	10	100	60
2025-10-16	2:48:00 AM	10:53:00 AM	8.5	4.15	1.5	2	0	0	4	8	90	0
2025-10-17	-	-	-	-	-	-	-	-	4	7	80	0
2025-10-18	2:04:00 AM	11:23:00 AM	9.17	3.55	3.15	2.7	2	2	4	7	70	30
2025-10-19	3:27:00 AM	12:19:00 PM	8.47	5.14	1.5	1.43	5	1	4	9	100	60
2025-10-20	11:40:00 AM	3:13:00 PM	3.18	1.39	1.03	36	15	1	2	4	30	0
2025-10-21	4:43:00 AM	10:44:00 AM	5.59	3.37	1.15	1.07	2	2	3	8	100	180
2025-10-22	5:14:00 AM	7:30:00 AM	2.11	0	0	0	0	0	1	6	50	60
2025-10-23	-	-	-	-	-	-	-	-	1	3	80	120
2025-10-24	6:13:00 AM	12:16:00 PM	6.3	4.2	1.15	46	10	3	3	4	50	30
2025-10-25	-	-	-	-	-	-	-	-	3	8	100	360
2025-10-26	4:46:00 AM	3:10:00 PM	10.22	6.43	2.17	1.22	1	1	4	7	100	30
2025-10-27	6:41:00 AM	2:48:00 PM	8.7	5.16	1.26	1.25	0	0	5	8	90	0
2025-10-28	6:58:00 AM	1:39:00 PM	6.39	4.34	1.08	57	2	2	3	5	55	0
2025-10-29	2:33:00 AM	10:00:00 AM	7.22	3.43	2.12	1.27	4	2	4	6	70	0
2025-10-30	6:58:00 AM	1:46:00 PM	6.48	2.19	2.3	1.59	0	0	4	5	40	30
2025-10-31	-	-	-	-	-	-	-	-	2	2	-	0
2025-11-01	1:15:00 AM	6:45:00 AM	5.3	2.2	1.59	1.11	0	0	3	4	50	25
2025-11-02	-	-	-	-	-	-	-	-	3	4	55	0
2025-11-03	-	-	-	-	-	-	-	-	2	5	70	0
2025-11-04	3:37:00 AM	4:37:00 PM	9.13	4.5	2.46	1.37	3.45	2	3	8	80	60
2025-11-05	-	-	-	-	-	-	-	-	4	10	100	60
2025-11-06	4:14:00 AM	5:11:00 AM	0.57	0	0	0	0	0	1	1	-	0
2025-11-07	2:37:00 AM	11:20:00 AM	8.29	4.15	2.11	2.3	14	1	4	5	60	0
2025-11-08	-	-	-	-	-	-	-	-	4	3	-	0
2025-11-09	12:29:00 AM	9:00:00 AM	8.2	4.19	2.34	1.27	0	0	5	7	60	0
2025-11-10	1:35:00 AM	12:34:00 PM	10.59	5.29	3.53	1.37	0	0	3	6	40	30
2025-11-11	10:42:00 AM	4:16:00 PM	5.34	2.55	1.1	1.29	0	0	4	7	80	0
2025-11-12	11:13:00 PM	4:18:00 AM	5.5	2.54	54	1.17	0	0	4	6	50	0

2025-11-13	-	-	-	-	-	-	-	-	-	3	7	80	0
2025-11-14	2:24:00 AM	7:31:00 AM	5.7	2.4	1.45	42	0	0	2	6	50	30	
2025-11-15	11:55:00 PM	8:50:00 AM	8.55	3.49	3.4	2.2	0	0	2	8	80	0	
2025-11-16	4:00:00 AM	11:14:00 AM	7.13	4.13	1.45	1.15	1	1	3	8	85	0	
2025-11-17	6:48:00 AM	12:09:00 PM	5.21	2.2	1.49	1.12	0	0	1	4	40	0	
2025-11-18	5:42:00 AM	1:35:00 PM	7.53	4.22	2.29	1.02	0	0	5	6	50	20	
2025-11-19	-	-	-	-	-	-	-	-	4	8	75	30	
2025-11-20	-	-	-	-	-	-	-	-	4	9	100	0	
2025-11-21	7:47:00 AM	12:19:00 PM	4.23	3.04	0.41	0.38	9	4	3	1	-	0	
2025-11-22	11:58:00 PM	5:20:00 AM	5.22	2.18	1.47	1.17	0	0	3	7	60	0	
2025-11-23	2:33:00 AM	8:54:00 AM	6.5	2.13	2.07	1.45	16	1	4	8	90	0	
2025-11-24	1:35:00 AM	7:59:00 AM	6.19	3.27	1.43	1.09	5	0	4	6	55	30	
2025-11-25	7:19:00 AM	10:36:00 AM	3.17	1.11	45	1.21	0	0	2	8	90	0	
2025-11-26	12:37:00 AM	8:01:00 AM	7.24	3.55	2.11	1.18	0	0	5	9	100	0	
2025-11-27	1:10:00 AM	12:13:00 PM	10.57	4.47	4.17	1.53	4	3	3	4	30	0	
2025-11-28	7:41:00 AM	12:57:00 PM	5.9	3.26	0.42	1.01	7	3	3	6	60	0	
2025-11-29	11:39:00 PM	7:00:00 AM	7.19	3.2	2.1	2.07	1	1	5	8	70	30	
2025-11-30	1:29:00 AM	7:17:00 AM	5.44	3.26	1.2	0.58	4	1	3	7	55	30	
2025-12-01	4:38:00 AM	10:52:00 AM	6.1	224	104	58	4	2	4	4	100	0	
2025-12-02	4:03:00 AM	10:58:00 AM	6.45	284	120	52	10	5	4	5	100	120	
2025-12-03	12:47:00 AM	9:30:00 AM	8.37	344	103	98	6	2	5	2	-	0	
2025-12-04	11:34:00 PM	6:35:00 AM	7.1	404	138	106	0	0	4	4	50	60	
2025-12-05	2:12:00 AM	7:13:00 AM	5.1	464	89	75	0	0	3	6	75	60	
2025-12-06	2:33:00 AM	9:19:00 AM	6.45	524	94	72	1	1	1	1	-	0	
2025-12-07	5:44:00 AM	11:19:00 AM	5.35	584	103	64	0	0	2	2	-	120	
2025-12-08	5:57:00 AM	11:37:00 AM	5.37	3.4	1.5	43	3	0	3	6	40	60	
2025-12-09	4:31:00 AM	12:11:00 PM	7.32	4.14	1.43	1.35	8	4	3	6	45	70	
2025-12-10	11:29:00 PM	1:07:00 PM	10.25	5.48	2.31	2.6	188	2	3	7	50	80	
2025-12-11	4:26:00 AM	11:54:00 AM	7.28	3.27	2.8	1.53	0	0	3	6	40	65	
2025-12-12	4:28:00 AM	9:05:00 AM	4.37	2.42	1.14	0.41	0	0	3	5	30	50	
2025-12-13	12:44:00 AM	7:23:00 AM	6.34	3.2	1.5	1.24	5	0	3	6	35	55	
2025-12-14	3:03:00 AM	7:31:00 AM	4.27	2.45	1.17	0.25	1	0	3	5	25	45	
2025-12-15	11:47:00 AM	2:53:00 PM	3.6	1.43	0.48	0.35	0	0	3	5	20	40	
2025-12-16	2:48:00 AM	7:28:00 AM	4.29	2.39	0.58	0.52	11	0	3	6	35	60	
2025-12-17	1:01:00 AM	11:03:00 AM	9.95	312	126	159	4	4	4	7	55	75	
2025-12-18	11:15:00 PM	2:57:00 PM	3.7	130	52	40	0	0	4	6	50	70	
2025-12-19	3:36:00 AM	7:39:00 AM	3.25	153	42	35	13	1	4	7	60	80	
2025-12-20	10:46:00 PM	9:00:00 AM	10.23	272	208	134	0	0	5	9	80	0	
2025-12-21	1:52:00 AM	11:11:00 AM	9.27	281	158	117	3	1	5	9	85	0	
2025-12-22	2:57:00 AM	10:40:00 AM	7.72	245	119	88	11	1	5	9	90	0	
2025-12-23	2:22:00 AM	11:35:00 AM	9.02	287	173	81	14	5	5	9	90	0	
2025-12-24	4:14:00 AM	11:56:00 AM	7.55	206	150	97	7	4	5	9	90	0	
2025-12-25	3:37:00 AM	7:01:00 AM	3.37	93	66	43	2	1	5	9	95	0	
2025-12-26	1:37:00 AM	8:02:00 AM	6.23	206	78	90	11	2	5	9	95	0	
2025-12-27	2:24:00 AM	7:39:00 AM	5.25	176	71	68	0	0	5	9	90	0	

2025-12-28	3:39:00 AM	10:27:00 AM	6.57	234	102	58	14	4	5	9	95	0
2025-12-29	6:45:00 AM	12:37:00 PM	5.73	206	91	47	8	3	5	9	90	0
2025-12-30	11:59:00 PM	6:27:00 AM	6.47	175	139	74	0	0	5	9	90	0
2025-12-31	4:47:00 AM	5:24:00 AM	0.62	0	0	0	0	0	4	7	70	0
2026-01-01	3:10:00 AM	12:45:00 PM	9.57	201	204	169	1	1	5	9	95	0
2026-01-02	2:44:00 AM	7:04:00 AM	4.33	105	86	69	0	0	4	7	65	0
2026-01-03	3:08:00 AM	7:51:00 AM	4.72	138	83	62	0	0	4	7	70	0
2026-01-04	1:30:00 AM	10:23:00 AM	8.44	5.07	1.5	1.47	9	3	5	8	90	0
2026-01-05	2:25:00 AM	12:13:00 PM	9.42	5.52	2.18	1.32	6	2	4	9	100	0
2026-01-06	10:02:00 PM	11:13:00 AM	7.43	5.16	1.42	45	5.28	6	4	9	100	0
2026-01-07	11:32:00 PM	10:22:00 AM	10.48	6.35	2.2	1.53	2	2	4	7	80	30
2026-01-08	12:13:00 PM	3:28:00 PM	1.2	36	1.14	36	5	1	1	5	40	0
2026-01-09	11:25:00 PM	9:51:00 AM	10.25	4.6	3.57	2.22	1	1	4	6	50	30
2026-01-10	5:27:00 AM	9:30:00 AM	3.55	2.03	57	55	8	3	2	4	30	0
2026-01-11	8:52:00 PM	10:58:00 AM	7.51	4.35	1.49	1.27	6.9	5	5	7	80	0
2026-01-12	2:10:00 AM	6:38:00 AM	3.22	1.52	44	46	1.6	1	2	5	60	0
2026-01-13	8:30:00 AM	12:41:00 PM	4.2	2.4	1.26	32	9	2	3	5	55	0
2026-01-14	11:44:00 PM	12:34:00 PM	10:37	6.5	2.48	1.44	2.1	4	4	6	50	30
2026-01-15	5:08:00 AM	7:20:00 AM	2.12	0	0	0	0	0	1	3	-	0
2026-01-16	2:46:00 AM	11:37:00 AM	8.45	5.36	2.13	56	10	4	5	8	90	0
2026-01-17	2:11:00 AM	5:01:00 AM	2.5	0	0	0	0	0	1	4	45	0
2026-01-18	2:33:00 AM	8:26:00 AM	5.5	2.54	1.39	1.17	2	2	2	6	50	20
2026-01-19	12:50:00 AM	5:16:00 AM	4.26	2.33	1.07	46	0	0	2	6	55	0
2026-01-20	1:41:00 AM	5:48:00 AM	4.5	2.26	1.03	36	2	1	2	4	40	0
2026-01-21	3:13:00 AM	8:59:00 AM	5.36	2.56	1.36	1.04	10	1	3	4	50	0
2026-01-22	2:35:00 AM	4:42:00 AM	2.1	0	0	0	0	0	1	7	60	30
2026-01-23	1:22:00 AM	10:46:00 AM	9.16	5.8	2.14	1.54	4	4	4	8	80	60
2026-01-24	2:19:00 AM	2:59:00 AM	0.4	0	0	0	0	0	1	5	45	30
2026-01-25	1:11:00 AM	10:11:00 AM	8.5	4.47	2.5	1.58	11	2	3	4	40	0
2026-01-26	2:00:00 AM	9:48:00 AM	7.39	4.25	1.49	1.25	9	2	4	5	40	20
2026-01-27	5:25:00 AM	9:30:00 AM	4.5	2.7	58	60	0	0	3	7	60	20
2026-01-28	12:49:00 AM	10:00:00 AM	9.5	4.17	2.5	1.58	2	2	5	6	55	0
2026-01-29	3:55:00 AM	9:46:00 AM	5.51	2.49	1.35	1.27	0	0	3	8	70	60
2026-01-30	2:01:00 AM	10:30:00 AM	8.22	4.3	2.19	1.33	7	3	5	1	-	0
2026-01-31	4:23:00 AM	9:02:00 AM	4.39	2.53	55	51	0	0	3	6	50	20
2026-02-01	1:25:00 AM	10:06:00 AM	8.41	4.32	2.36	1.33	0	0	5	3	25	0
2026-02-02	7:41:00 AM	11:39:00 AM	3.54	2.23	0.5	0.41	4	3	2	7	80	0
2026-02-03	11:23:00 PM	12:17:00 PM	7.4	3.5	2.07	1.43	5.11	2	4	3	30	0
2026-02-04	-	-	-	-	-	-	-	-	4	6	50	20
2026-02-05	12:26:00 AM	10:44:00 AM	9.51	5.35	2.8	2.8	27	2	5	4	45	0
2026-02-06	4:36:00 AM	10:50:00 AM	6.7	3.29	1.28	1.1	5	3	3	7	80	0