

Mean sleep time during day

Mean day-time sleep time [Avg=12.45]

Mean sleep time during daytime period, hours since mid-night  
(Earlier = slept longer in morning; later = slept more in afternoon)

Saturday, 11 March 2017 06:00  
Sunday, 12 March 2017 06:00  
Monday, 13 March 2017 06:00  
Tuesday, 14 March 2017 06:00  
Wednesday, 15 March 2017 06:00  
Thursday, 16 March 2017 06:00  
Friday, 17 March 2017 06:00  
Saturday, 18 March 2017 06:00  
Sunday, 19 March 2017 06:00  
Monday, 20 March 2017 06:00  
Tuesday, 21 March 2017 06:00  
Wednesday, 22 March 2017 06:00  
Thursday, 23 March 2017 06:00  
Friday, 24 March 2017 06:00  
Saturday, 25 March 2017 06:00  
Sunday, 26 March 2017 06:00  
Monday, 27 March 2017 06:00  
Tuesday, 28 March 2017 06:00  
Wednesday, 29 March 2017 06:00  
Thursday, 30 March 2017 06:00  
Friday, 31 March 2017 06:00  
Saturday, 01 April 2017 06:00  
Sunday, 02 April 2017 06:00  
Monday, 03 April 2017 06:00  
Tuesday, 04 April 2017 06:00  
Wednesday, 05 April 2017 06:00  
Thursday, 06 April 2017 06:00  
Friday, 07 April 2017 06:00  
Saturday, 08 April 2017 06:00  
Sunday, 09 April 2017 06:00  
Monday, 10 April 2017 06:00  
Tuesday, 11 April 2017 06:00  
Wednesday, 12 April 2017 06:00  
Thursday, 13 April 2017 06:00  
Friday, 14 April 2017 06:00  
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Wednesday, 26 April 2017 06:00  
Thursday, 27 April 2017 06:00  
Friday, 28 April 2017 06:00  
Saturday, 29 April 2017 06:00  
Sunday, 30 April 2017 06:00  
Monday, 01 May 2017 06:00  
Tuesday, 02 May 2017 06:00  
Wednesday, 03 May 2017 06:00  
Thursday, 04 May 2017 06:00  
Friday, 05 May 2017 06:00  
Saturday, 06 May 2017 06:00  
Sunday, 07 May 2017 06:00  
Monday, 08 May 2017 06:00  
Tuesday, 09 May 2017 06:00  
Wednesday, 10 May 2017 06:00  
Thursday, 11 May 2017 06:00  
Friday, 12 May 2017 06:00  
Saturday, 13 May 2017 06:00  
Sunday, 14 May 2017 06:00  
Monday, 15 May 2017 06:00  
Tuesday, 16 May 2017 06:00

24-hour period beginning