Sleep Report

| | Recent | Long-term | Graph |
|---------------------|--------------|--------------|--|
| Date began | 2020-12-16 | 2019-12-31 | |
| Total Sleep Time | 8:16 ± 0:44 | 7:56 ± 1:02 | |
| Wake At | 8:47 ± 1:36 | 9:07 ± 1:31 | |
| Asleep At | 0:30 ± 1:06 | 1:11 ± 1:10 | |
| Day Length | 24:08 ± 1:28 | 24:00 ± 1:25 | |
| Sleeps Per Day | 0.93 ± 0.26 | 1.00 ± 0.00 | |
| Medications Per Day | 0.50 ± 0.50 | 0.48 ± 0.50 | may many many many many many many many m |

Timezone: Etc/GMT

The numbers above show mean ± standard deviation, calculated from the digital diary. Sleeps Per Day and Medications Per Day are calculated based on biological days, so a 36-hour day with an 8-hour primary sleep and a 4-hour secondary sleep counts as two sleeps per day.

Total Sleep Time includes naps, but Wake At and Asleep At do not.

The black lines in the graph show the 14-day rolling average. The grey dots in the graph show a single event.

We would like to thank the Centre of Sleep and Chronobiology, University of Toronto for the original concept of the Sleep Disorder Patient Chart originated by Moldofsky/MacFarlane © 1990

Please send feedback to sleepdiary.github.io

Software version: f2e34e3/6547d9a

Report version: 20210606

Week 1

Date began: 2020-12-16 pm midnight noon Wed 16 pm 6 am 10 8 10 2 4 2 4 6 12 6 12 **ACTIVITIES** Т Μ MC ďΜ M SLEEP TIME LIGHTS OUT 10:55 am pm TOTAL SLEEP TIME 8.1 midnight am noon pm Thu 17 2 4 8 10 8 10 2 4 6 12 12 6 ACTIVITIES Μ C M SLEEP LIGHTS OUT 1:49 (am) pm TOTAL SLEEP TIME 9.6 hrs midnight noon pm am Fri 18 8 10 12 4 6 8 10 2 6 ACTIVITIES M CC S|MSLEEP TIME 9:14 LIGHTS OUT am (pm) TOTAL SLEEP TIME 7.6 pm midnight am noon pm **Sat 19** 8 10 8 10 12 2 4 6 12 2 6 ACTIVITIES Α Þ N CMMS SLEEP TIME LIGHTS OUT 10:49 am (pm) TOTAL SLEEP TIME 8.0 hrs midnight am noon pm Sun 20 8 10 10 2 8 4 12 2 4 6 12 6 **ACTIVITIES** Ρ M SLEEP TIME LIGHTS OUT 11:34 am (pm) TOTAL SLEEP TIME 8.3 midnight am noon pm Mon 21 8 8 10 2 10 12 2 4 6 12 4 6 ACTIVITIES CS \mathbb{Z} M M SLEEP TIME LIGHTS OUT 11:42 am (pm)TOTAL SLEEP TIME 7.6 pm midnight am noon Tue 22 8 10 4 6 8 10 2 4 12 2 12 6 **ACTIVITIES** Ρ Μ SLEEP TIME LIGHTS OUT 11:37 am pm 9.1 hrs TOTAL SLEEP TIME

Week 2

Date began: 2020-12-23 pm midnight Wed 23 pm 6 am noon 10 10 12 2 4 6 8 12 2 4 6 **ACTIVITIES** M И MD SLEEP TIME (am) pm LIGHTS OUT 12:01 TOTAL SLEEP TIME 9.8 midnight am noon pm Thu 24 8 10 8 10 2 4 2 4 6 12 12 6 ACTIVITIES S SM Τ \mathbb{P} C M) SLEEP LIGHTS OUT 12:28 am) pm TOTAL SLEEP TIME 8.6 midnight noon pm am Fri 25 8 10 12 4 6 8 10 12 2 6 ACTIVITIES M T M S SLEEP TIME LIGHTS OUT 11:04 TOTAL SLEEP TIME 7.3 am (pm) midnight am noon pm **Sat 26** 8 10 10 4 12 2 4 6 8 12 2 6 ACTIVITIES CMИ Μ Μ SLEEP TIME LIGHTS OUT 11:47 am (pm)TOTAL SLEEP TIME 8.1 midnight am noon pm Sun 27 8 8 10 2 10 4 12 4 6 12 2 6 **ACTIVITIES** MC SLEEP TIME LIGHTS OUT 11:52 am (pm) TOTAL SLEEP TIME midnight am noon pm Mon 28 8 8 2 10 12 2 4 6 10 12 4 6 **ACTIVITIES** C N S SLEEP TIME LIGHTS OUT 11:28 am (pm) 7.4 TOTAL SLEEP TIME pm midnight am noon Tue 29 8 10 4 6 8 10 2 4 12 2 12 6 ACTIVITIES ₽ Μ Т SLEEP TIME LIGHTS OUT 12:57 (am) pm 8.5 hrs TOTAL SLEEP TIME

6pm 2019-12 6pm



