Sleep Report

	Recent	Long-term	Graph
Date began	2020-12-16	2019-12-31	
Total Sleep Time	6:35 ± 1:05	6:27 ± 1:25	
Wake At	7:06 ± 0:33	7:38 ± 1:14	nary op Agreem hantaneelde da tellede da tage
Asleep At	0:30 ± 1:06	1:11 ± 1:10	
Day Length	24:08 ± 1:28	24:00 ± 1:26	
Sleeps Per Day	0.93 ± 0.26	1.00 ± 0.00	
Medications Per Day	0.50 ± 0.50	0.48 ± 0.50	

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 Wed 16 pm 6 am noon 10 10 4 2 4 6 8 12 2 6 12 **ACTIVITIES** MCMD M SLEEP TIME LIGHTS OUT 10:55 am pm TOTAL SLEEP TIME 7.8 midnight am noon pm Thu 17 2 8 10 8 10 2 4 6 12 12 6 ACTIVITIES S \$ W M C Μ Ţ М SLEEP LIGHTS OUT 1:49 (am) pm TOTAL SLEEP TIME 4.4 midnight noon pm am Fri 18 8 10 12 4 6 8 10 2 6 ACTIVITIES $\mid T$ M CC S|MSLEEP TIME LIGHTS OUT 9:14 am (pm) TOTAL SLEEP TIME 7.6 midnight am noon pm **Sat 19** 8 10 8 10 12 2 4 6 12 2 6 ACTIVITIES Α N CMMS SLEEP TIME LIGHTS OUT 10:49 am (pm) TOTAL SLEEP TIME 8.0 midnight pm am noon Sun 20 8 10 10 2 6 8 12 2 4 12 6 **ACTIVITIES** \$ Ρ M SLEEP TIME LIGHTS OUT 11:34 am (pm) TOTAL SLEEP TIME 6.6 midnight am noon pm Mon 21 8 8 10 10 12 2 4 12 **ACTIVITIES** WМ Μ SLEEP TIME LIGHTS OUT 11:42 am (pm)TOTAL SLEEP TIME 6.0 midnight pm am noon Tue 22 8 10 4 6 8 10 2 4 12 2 12 6 **ACTIVITIES** W Ρ M SLEEP TIME LIGHTS OUT 11:37 am pm TOTAL SLEEP TIME 7.0 hrs

Week 2

Date began: 2020-12-23 pm midnight Wed 23 pm 6 am noon 8 10 10 2 4 2 4 6 8 12 6 12 S **ACTIVITIES** WD W M MR SLEEP TIME LIGHTS OUT 12:01 (am) pm TOTAL SLEEP TIME 6.2 midnight am noon pm Thu 24 8 2 10 8 10 4 2 4 6 12 12 6 ACTIVITIES T \mathbb{P} WC Ø SMSLEEP LIGHTS OUT 12:28 am) pm TOTAL SLEEP TIME 6.2 midnight noon pm am Fri 25 8 10 12 4 6 8 10 12 2 6 ACTIVITIES $\mid T$ M S SLEEP TIME LIGHTS OUT 11:04 TOTAL SLEEP TIME 7.3 am (pm) midnight am noon pm **Sat 26** 8 10 10 2 4 12 2 4 6 8 12 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 10 2 10 6 8 4 12 2 4 12 6 **ACTIVITIES** WC MC SLEEP TIME LIGHTS OUT 11:52 am (pm) TOTAL SLEEP TIME 6.3 midnight am noon pm Mon 28 8 6 8 10 10 12 2 4 12 4 6 **ACTIVITIES** S NW M SLEEP TIME LIGHTS OUT 11:28 am (pm) TOTAL SLEEP TIME 6.1 pm midnight am noon Tue 29 8 10 4 6 8 10 2 4 12 2 12 6 **ACTIVITIES** ₽ W SLEEP TIME LIGHTS OUT 12:57 (am) pm TOTAL SLEEP TIME 4.7 hrs

6pm 2019-12 6pm



