Sleep Report

	Recent	Long-term	Graph
Date began	2020-12-31	2019-12-31	
Total Sleep Time	8:17 ± 0:46	7:56 ± 1:03	
Wake At	5:03 ± 5:21	11:59 ± 6:52	1371571331111113.
Asleep At	22:36 ± 4:09	23:58 ± 6:54	11]\$1]\$1]\$1]\$1]\$1
Day Length	24:56 ± 1:21	25:00 ± 1:25	
Sleeps Per Day	0.92 ± 0.27	1.00 ± 0.00	
Medications Per Day	0.54 ± 0.50	0.48 ± 0.50	may may may may my

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.

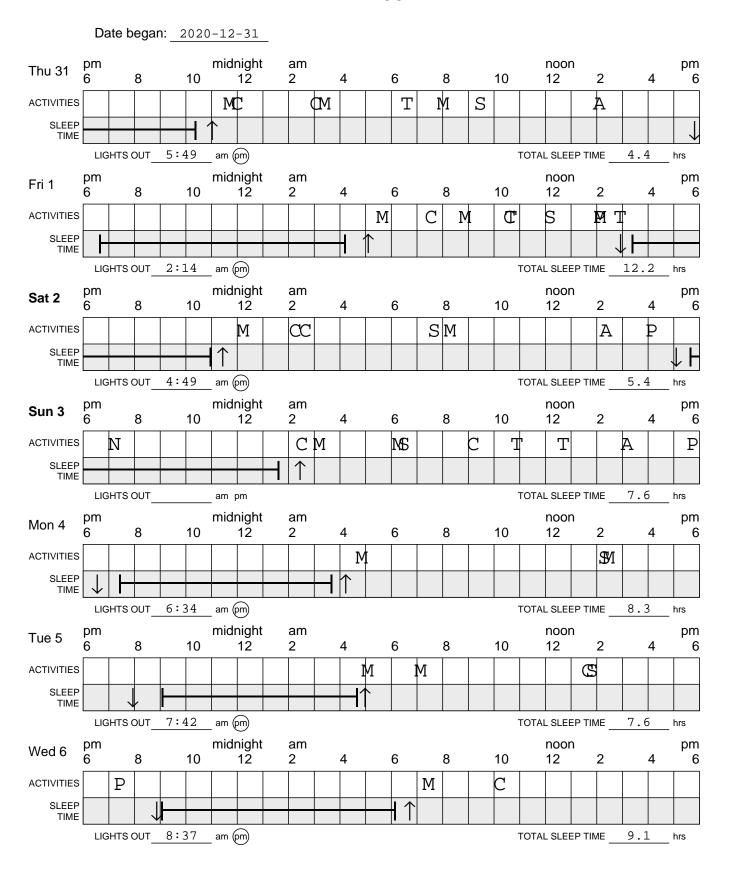
We would like to thank the Centre of Sleep and Chronobiology, University of Toronto for the original concept of the Sleep Disorder Patient Chart originated by Moldofsky/MacFarlane © 1990

Please send feedback to sleepdiary.github.io

Software version: f2e34e3/6547d9a

Report version: 20210606

Week 1



Week 2

Date began: 2021-01-07

pm midnight noon pm am Thu 7 8 10 10 4 6 2 4 6 8 12 2 6 12 **ACTIVITIES** S N MD Μ SΜ SLEEP TIME LIGHTS OUT 10:01 am (pm) TOTAL SLEEP TIME 9.8 midnight am noon pm Fri 8 10 4 8 8 10 2 2 4 6 12 12 6 **ACTIVITIES** Τ P C Ø SMSLEEP LIGHTS OUT 11:28 _ am (pm) TOTAL SLEEP TIME 8.6 midnight noon pm pm am Sat 9 8 10 12 4 6 8 10 12 2 6 **ACTIVITIES** T M S SLEEP TIME LIGHTS OUT 11:04 TOTAL SLEEP TIME 7.3 am (pm) pm midnight am noon Sun 10 8 10 10 12 2 4 6 8 12 2 6 ACTIVITIES Ŋ CMΜ M SLEEP TIME LIGHTS OUT 12:47 (am) pm TOTAL SLEEP TIME 8.1 midnight am noon pm pm Mon 11 8 10 2 10 8 4 12 2 4 6 12 6 **ACTIVITIES** CSLEEP TIME LIGHTS OUT 1:52 7.9 (am) pm TOTAL SLEEP TIME midnight am noon pm Tue 12 8 2 10 12 2 4 6 8 10 12 4 6 **ACTIVITIES** C S N SLEEP TIME LIGHTS OUT 2:28 TOTAL SLEEP TIME 7.4 (am) pm pm Wed 13 pm 6 midnight am noon 8 10 4 6 8 10 2 4 12 2 12 6 ACTIVITIES ₽ M Т SLEEP TIME LIGHTS OUT 4:57 (am) pm 8.5 hrs TOTAL SLEEP TIME

6pm 2019-12 6pm

