

# Sleep Diary Analysis

	Section 0	Section 1	Section 2	Section 3	Section 4	Section 5
Wake-up time-hours:	8.50	8.33	8.25	8.50	8.50	8.00
Bed time-hours:	0.50	0.17	0.33	0.83	0.58	0.00
Hours of sleep:	7.50	8.02	8.00	7.75	8.00	8.00
Minutes to sleep:	10.00	10.00	10.00	10.00	10.00	10.00
Minutes Napping:	0.00	0.00	0.00	0.00	0.00	0.00
Minutes awake during the night:	0.50	0.00	0.00	0.00	0.00	0.00
Total daily sleep:	7.21	7.98	7.67	7.58	7.92	7.83
SSI:	2.00	2.00	2.00	2.00	3.00	2.00

	Maximum	Minimum	Mean	Median	Standard Deviation	AAD	MAD
Wake-up time-hours:	13.00	4.00	6.79	7.00	6.22	2.20	2.00
Bed time-hours:	1.75	-2.00	-0.43	-0.25	1.24	1.02	1.25
Hours of sleep:	12.00	3.00	7.22	7.33	2.48	1.95	1.58
Minutes to sleep:	30.00	30.00	30.00	30.00	0.00	0.00	0.00
Minutes Napping:	200.00	0.00	41.19	0.00	72.59	58.84	0.00
Minutes awake during the night:	60.00	0.00	7.29	2.00	17.54	10.04	0.00
Total daily sleep:	14.80	2.72	7.29	6.92	2.85	2.15	1.55
SSI:	2.00	1.00	1.57	2.00	0.51	0.49	0.00

My Four Line Graphs

