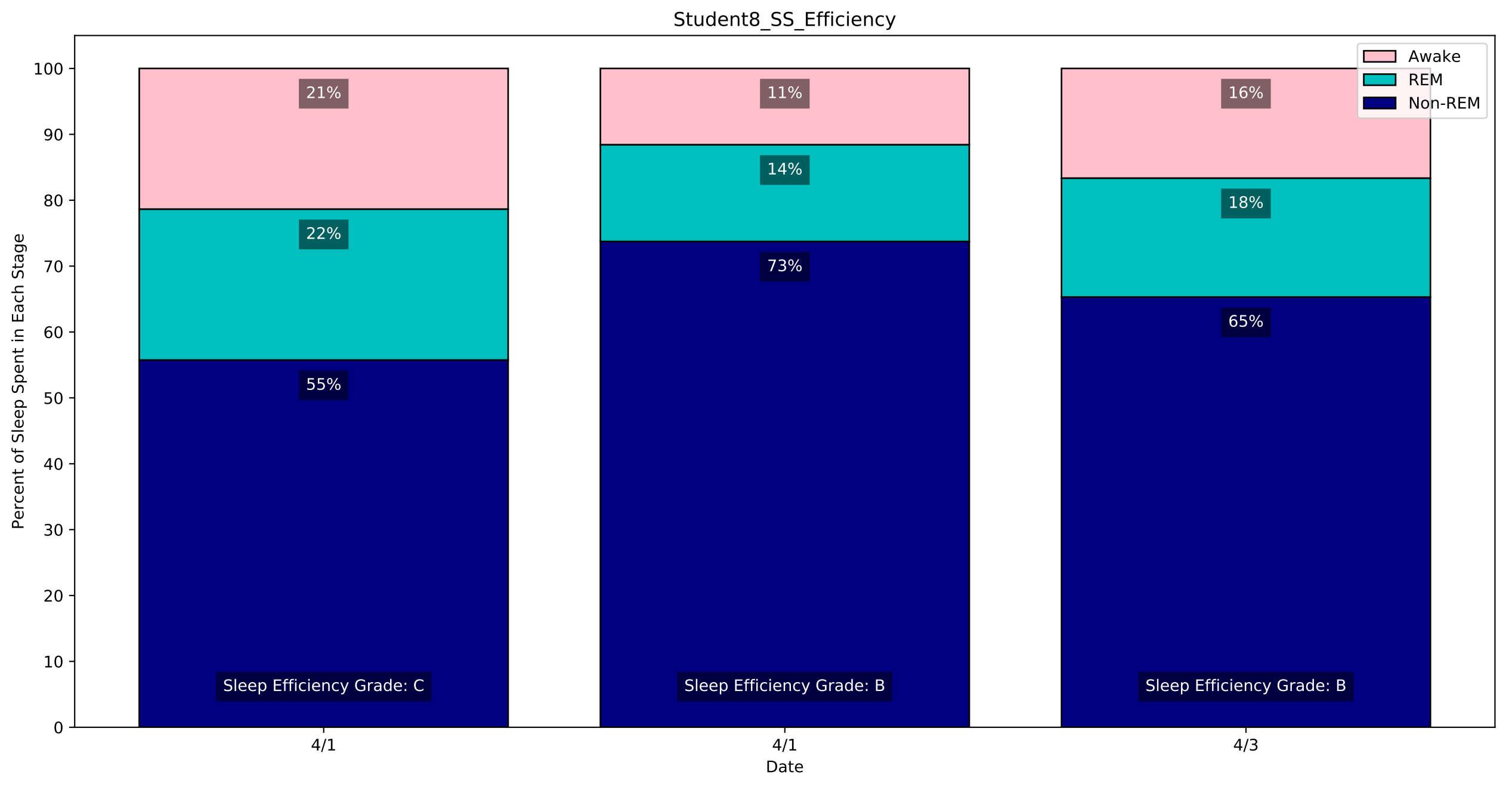
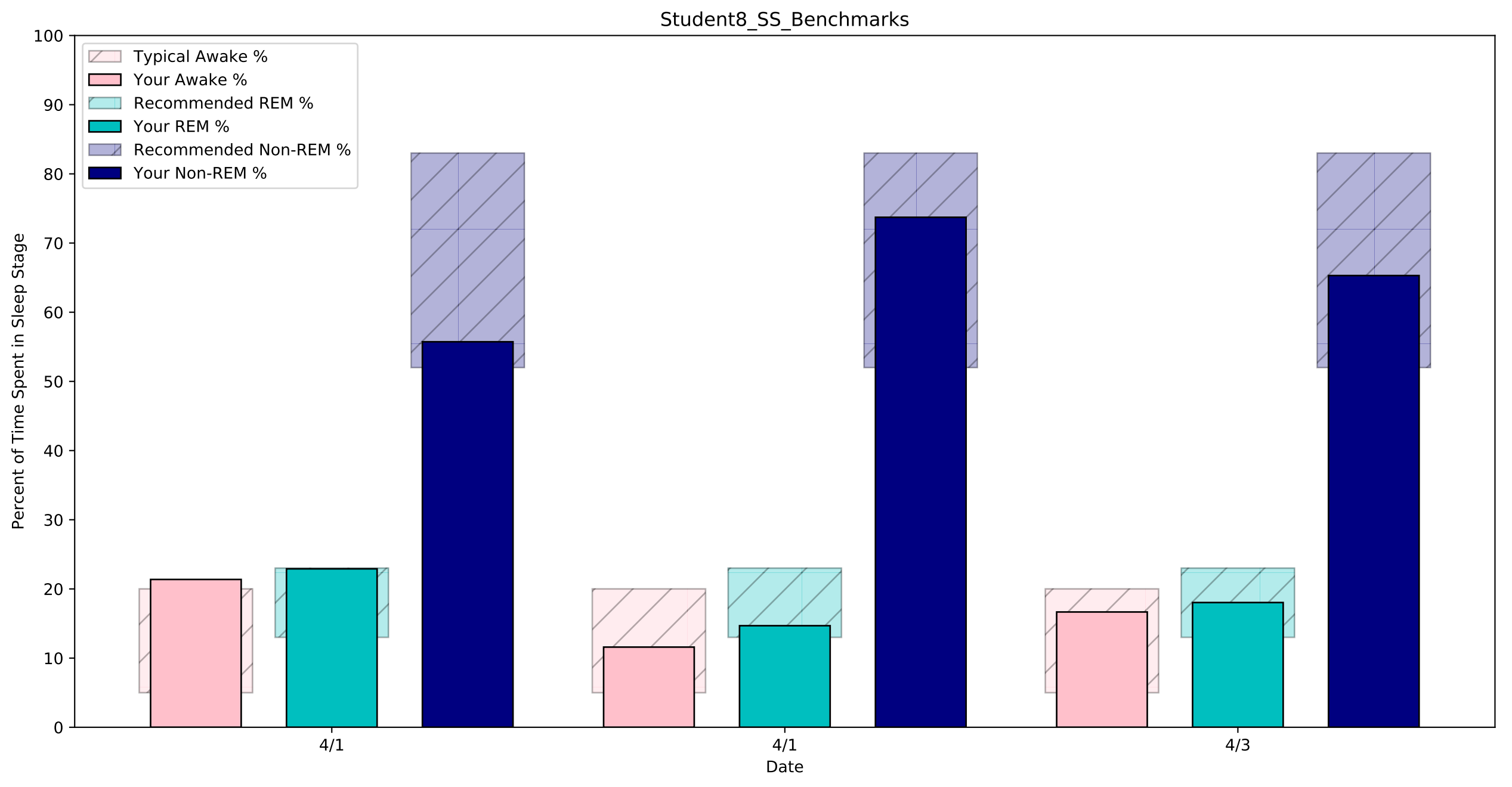
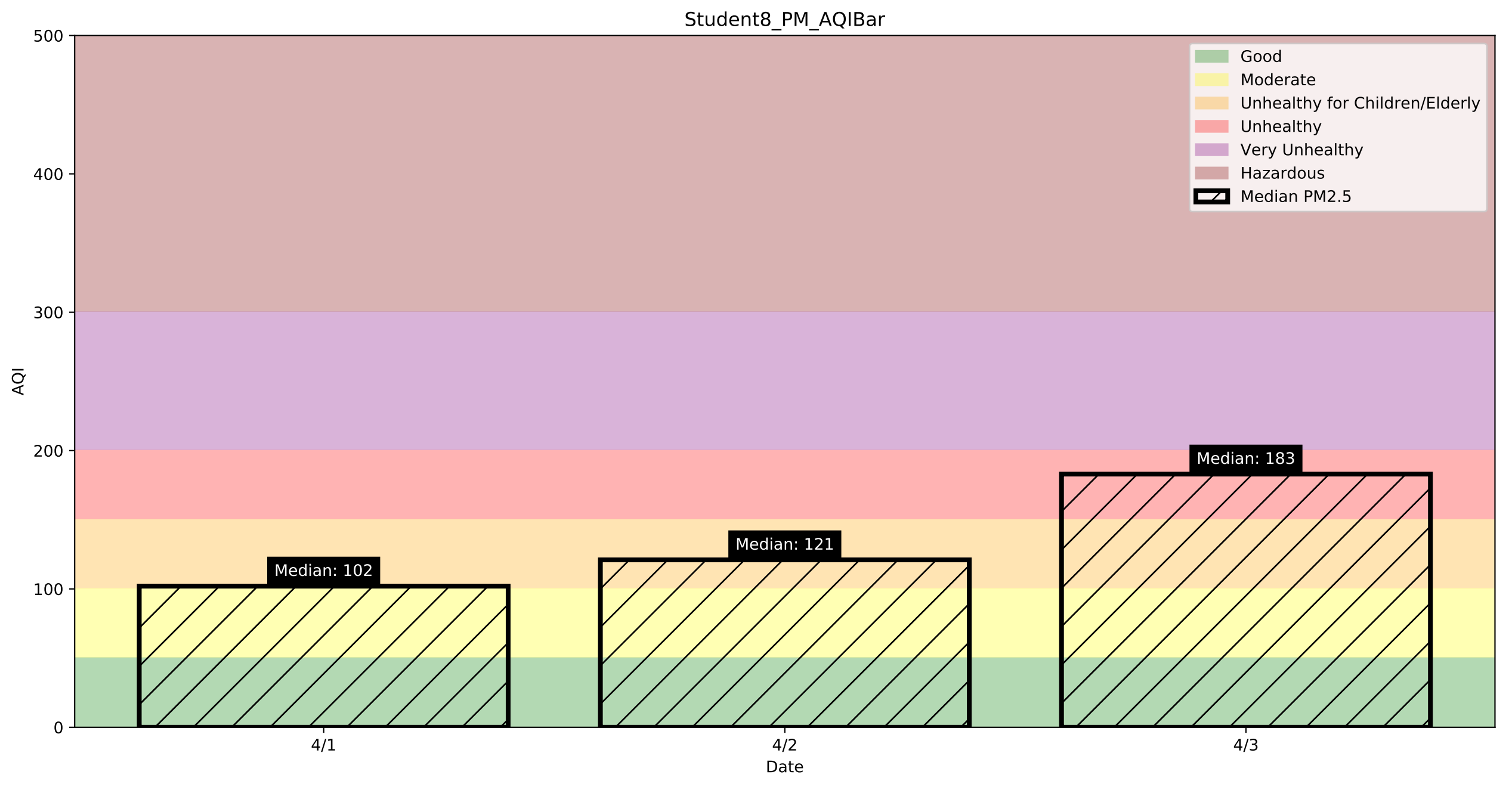
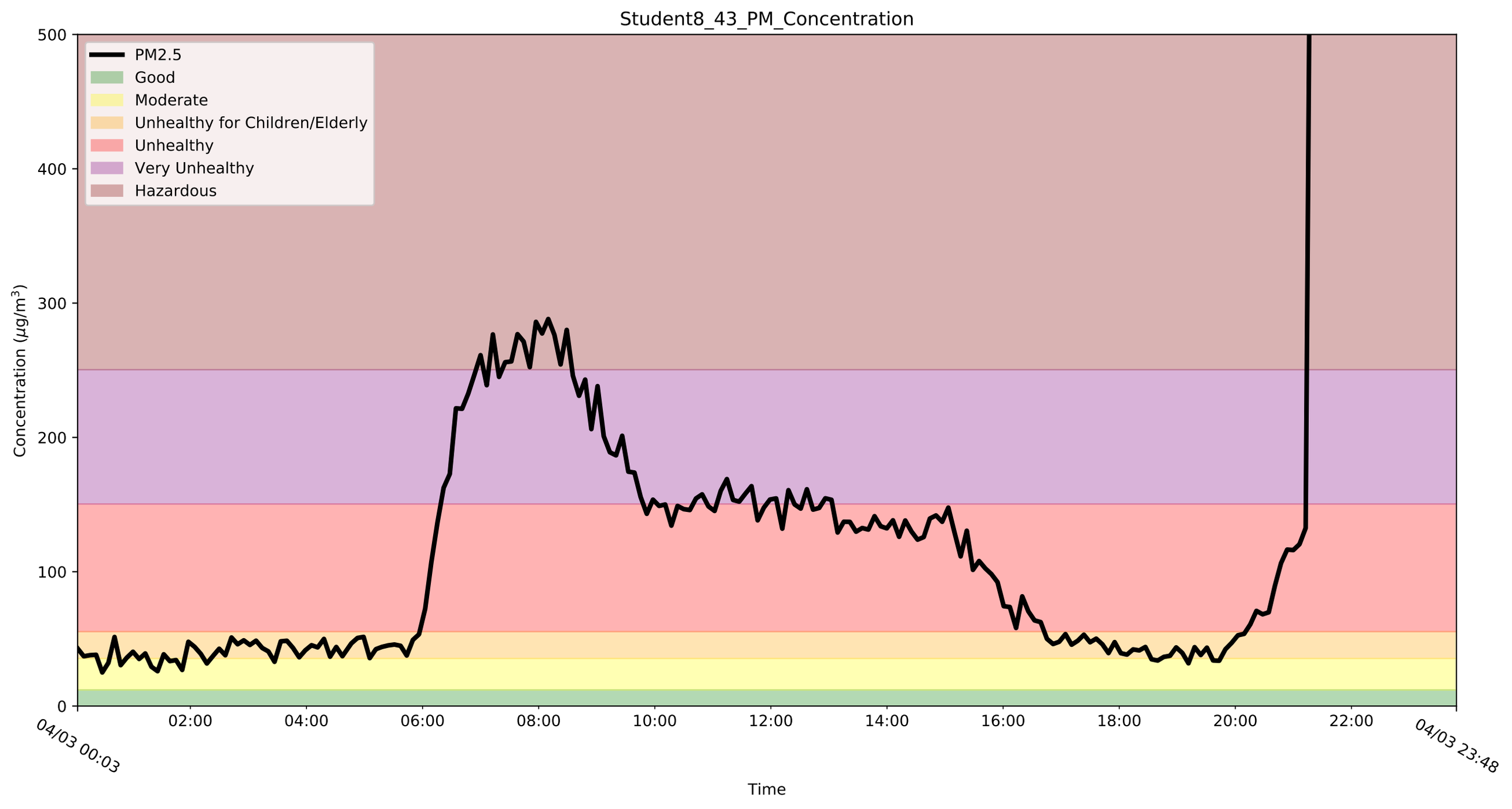
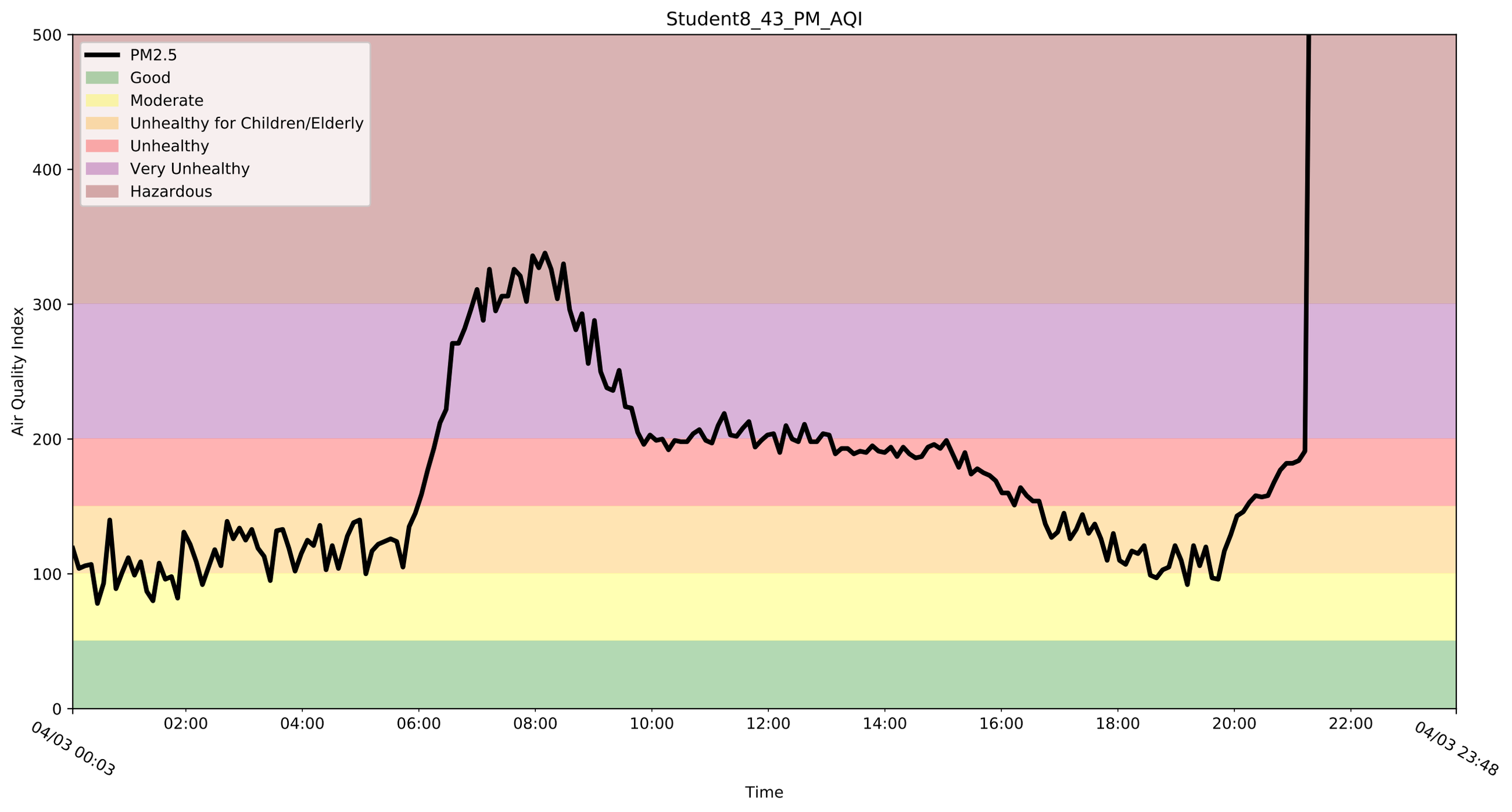
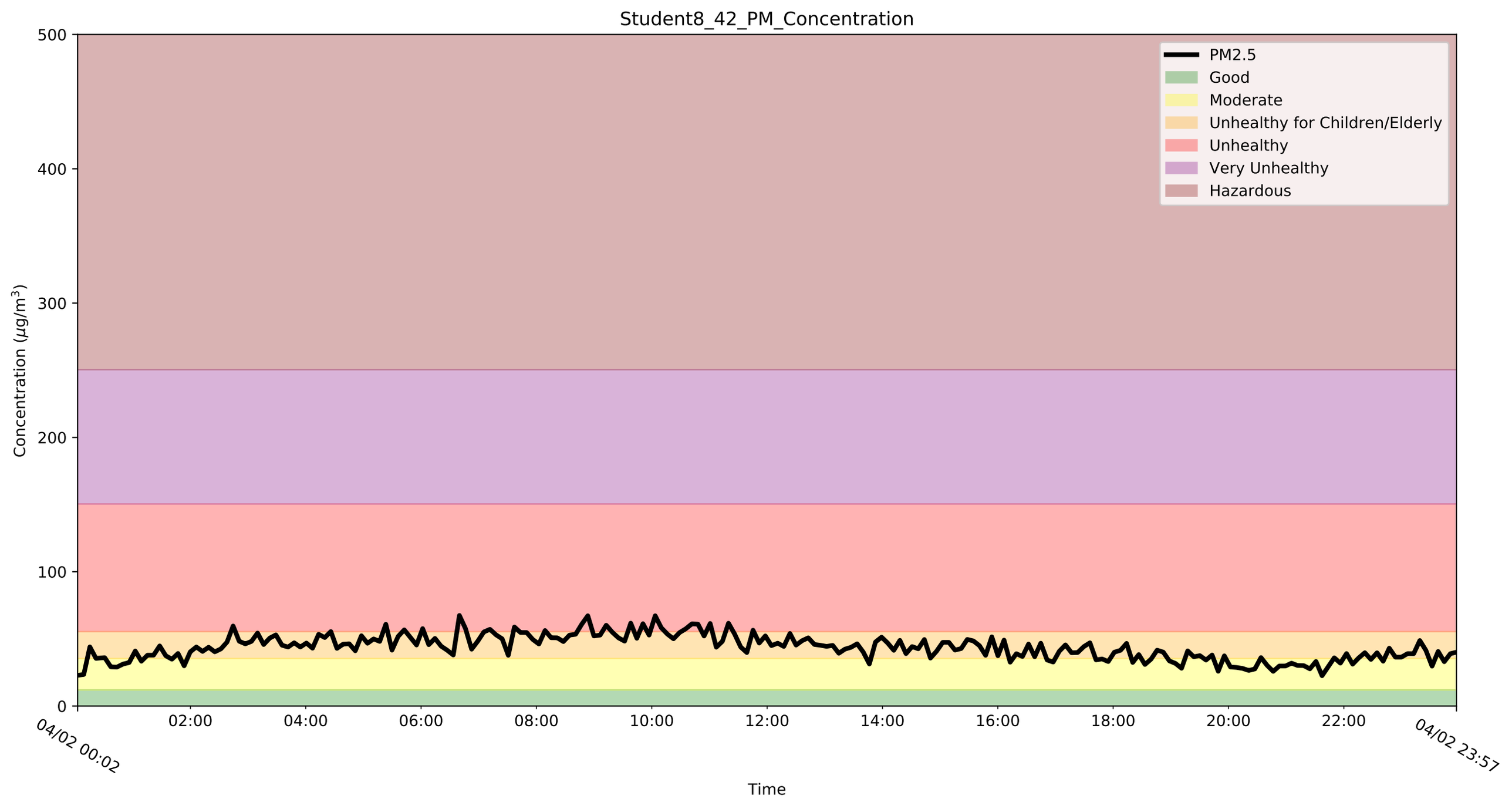

Student8_SS_Efficiency
Awake
REM
Non-REM
21%
22%
55%
11%
14%
73%
16%
18%
65%
Sleep Efficiency Grade: C
Sleep Efficiency Grade: B
Sleep Efficiency Grade: B
Percent of Sleep Spent in Each Stage
Date
4/1
4/1
4/3
0
10
20
30
40
50
60
70
80
90
100

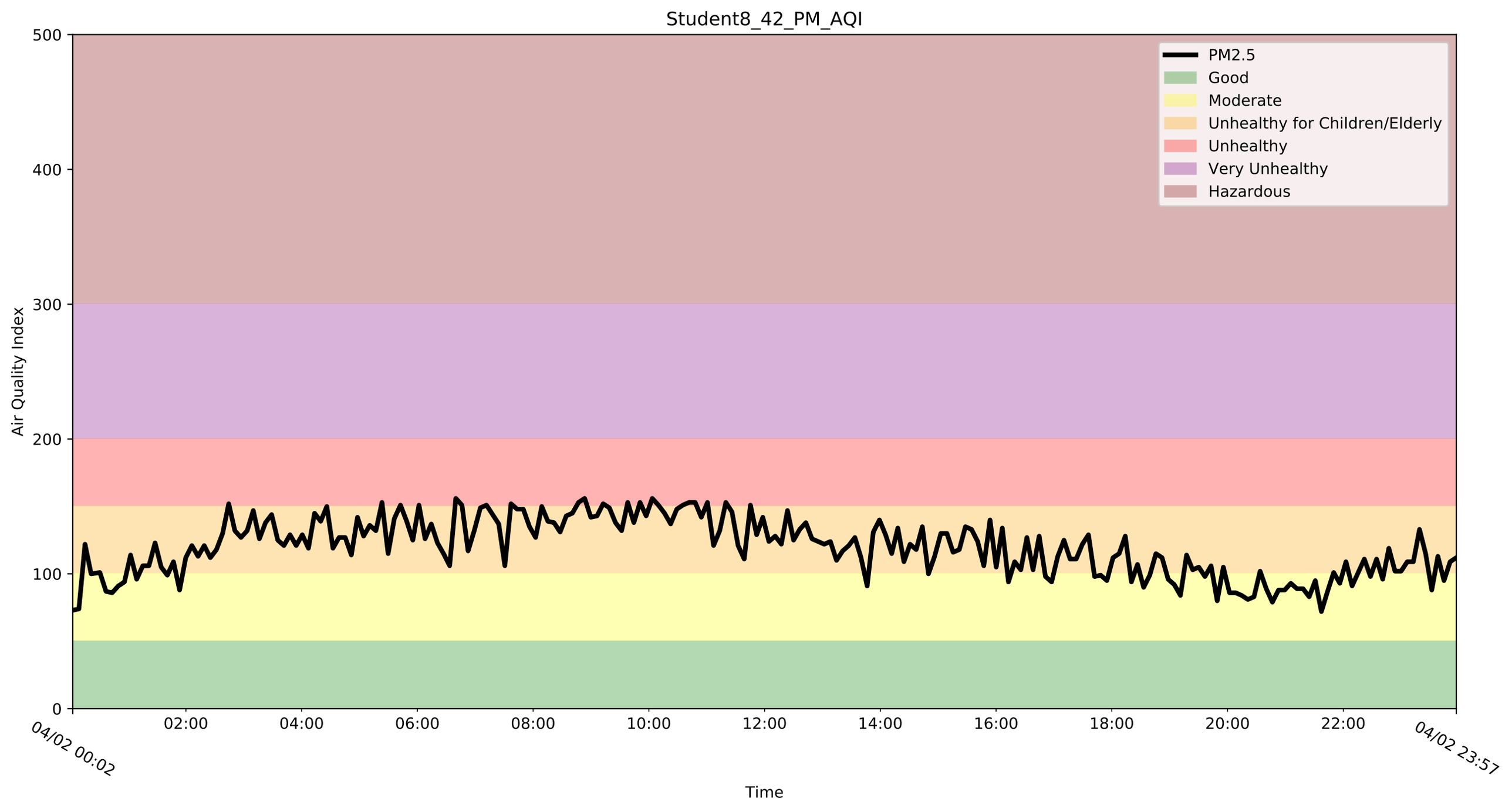

Student8_SS_Benchmarks
Typical Awake %
Your Awake %
Recommended REM %
Your REM %
Recommended Non-REM %
Your Non-REM %
Percent of Time Spent in Sleep Stage
100
90
80
70
60
50
40
30
20
10
0
4/1
4/1
4/3
Date

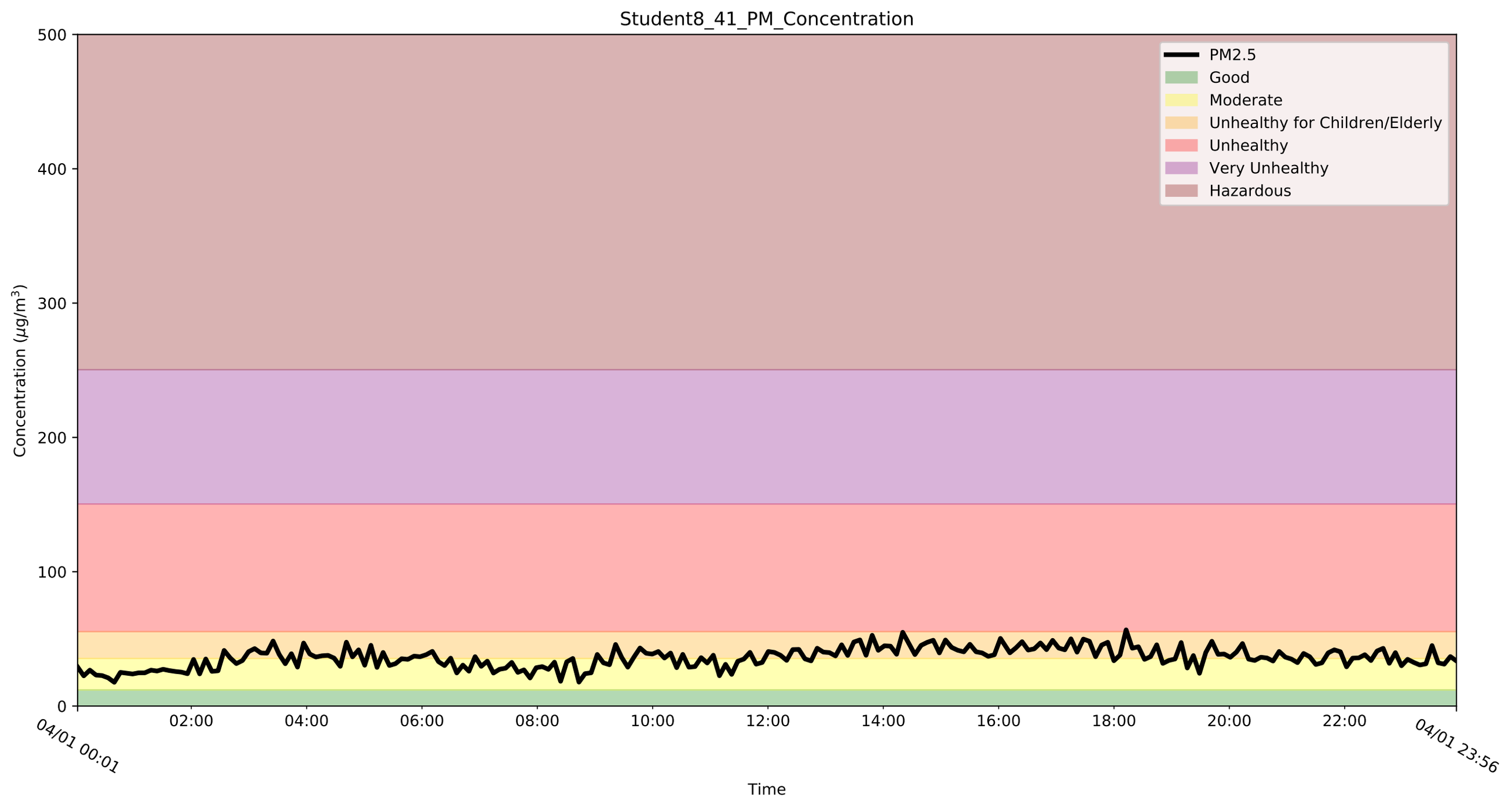

Student8_PM_AQIBar
Good
Moderate
Unhealthy for Children/Elderly
Unhealthy
Very Unhealthy
Hazardous
Median PM2.5
Median: 102
Median: 121
Median: 183
500
400
300
200
100
0
AQI
4/1
4/2
4/3
Date

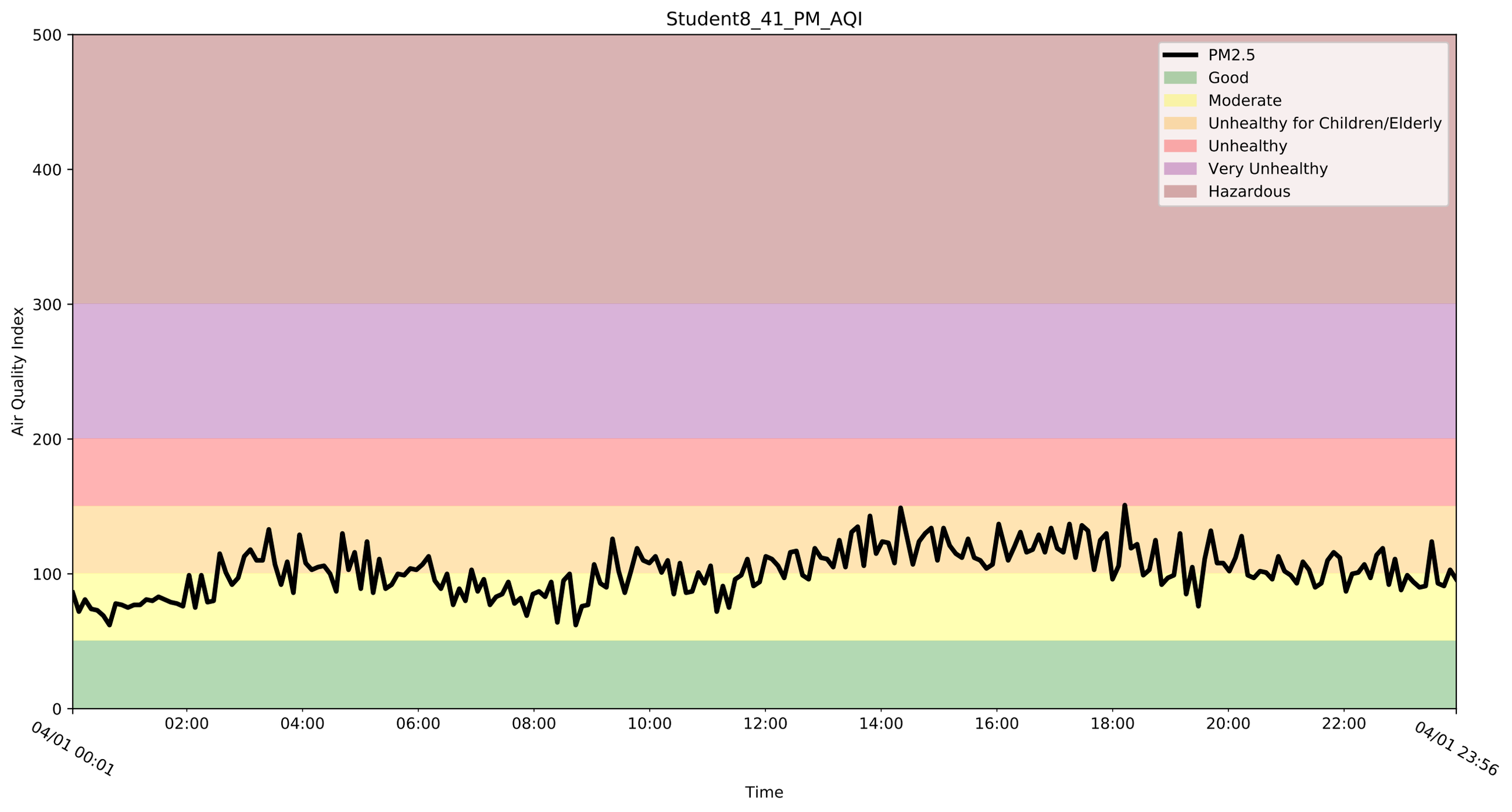

Student8_43_PM_Concentration
PM2.5
Good
Moderate
Unhealthy for Children/Elderly
Unhealthy
Very Unhealthy
Hazardous
Concentration (μg/m³)
500
400
300
200
100
0
02:00
04:00
06:00
08:00
10:00
12:00
14:00
16:00
18:00
20:00
22:00
04/03 00:03
04/03 23:48
Time


Student8_43_PM_AQI
PM2.5
Good
Moderate
Unhealthy for Children/Elderly
Unhealthy
Very Unhealthy
Hazardous
Air Quality Index
500
400
300
200
100
0
04/03 00:03
02:00
04:00
06:00
08:00
10:00
12:00
14:00
16:00
18:00
20:00
22:00
04/03 23:48
Time


Student8_42_PM_Concentration
PM2.5
Good
Moderate
Unhealthy for Children/Elderly
Unhealthy
Very Unhealthy
Hazardous
Concentration (μg/m³)
500
400
300
200
100
0
02:00
04:00
06:00
08:00
10:00
12:00
14:00
16:00
18:00
20:00
22:00
04/02 00:02
04/02 23:57
Time


Student8_42_PM_AQI
PM2.5
Good
Moderate
Unhealthy for Children/Elderly
Unhealthy
Very Unhealthy
Hazardous
Air Quality Index
500
400
300
200
100
0
04/02 00:02
02:00
04:00
06:00
08:00
10:00
12:00
14:00
16:00
18:00
20:00
22:00
04/02 23:57
Time


Student8_41_PM_Concentration
PM2.5
Good
Moderate
Unhealthy for Children/Elderly
Unhealthy
Very Unhealthy
Hazardous
Concentration (μg/m³)
500
400
300
200
100
0
02:00
04:00
06:00
08:00
10:00
12:00
14:00
16:00
18:00
20:00
22:00
04/01 00:01
04/01 23:56
Time


Student8_41_PM_AQI
PM2.5
Good
Moderate
Unhealthy for Children/Elderly
Unhealthy
Very Unhealthy
Hazardous
Air Quality Index
500
400
300
200
100
0
04/01 00:01
02:00
04:00
06:00
08:00
10:00
12:00
14:00
16:00
18:00
20:00
22:00
04/01 23:56
Time