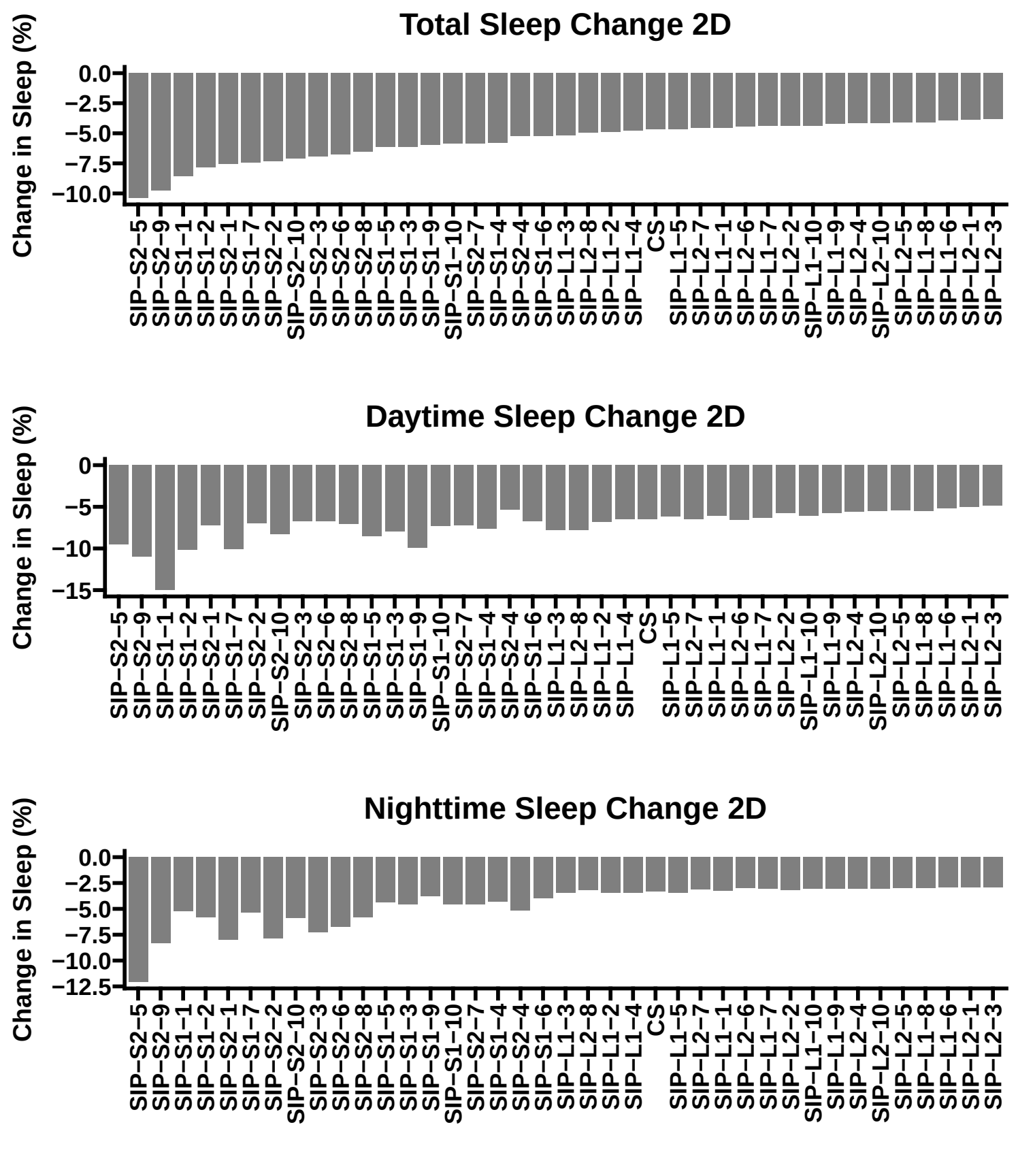
Total Sleep Change 2D
Change in Sleep (%)
0.0
−2.5
−5.0
−7.5
−10.0
SIP−S2−5
SIP−S2−9
SIP−S1−1
SIP−S1−2
SIP−S2−1
SIP−S1−7
SIP−S2−2
SIP−S2−10
SIP−S2−3
SIP−S2−6
SIP−S2−8
SIP−S1−5
SIP−S1−3
SIP−S1−9
SIP−S1−10
SIP−S2−7
SIP−S1−4
SIP−S2−4
SIP−S1−6
SIP−L1−3
SIP−L2−8
SIP−L1−2
SIP−L1−4
CS
SIP−L1−5
SIP−L2−7
SIP−L1−1
SIP−L2−6
SIP−L1−7
SIP−L2−2
SIP−L1−10
SIP−L1−9
SIP−L2−4
SIP−L2−10
SIP−L2−5
SIP−L1−8
SIP−L1−6
SIP−L2−1
SIP−L2−3
Daytime Sleep Change 2D
Change in Sleep (%)
0
−5
−10
−15
SIP−S2−5
SIP−S2−9
SIP−S1−1
SIP−S1−2
SIP−S2−1
SIP−S1−7
SIP−S2−2
SIP−S2−10
SIP−S2−3
SIP−S2−6
SIP−S2−8
SIP−S1−5
SIP−S1−3
SIP−S1−9
SIP−S1−10
SIP−S2−7
SIP−S1−4
SIP−S2−4
SIP−S1−6
SIP−L1−3
SIP−L2−8
SIP−L1−2
SIP−L1−4
CS
SIP−L1−5
SIP−L2−7
SIP−L1−1
SIP−L2−6
SIP−L1−7
SIP−L2−2
SIP−L1−10
SIP−L1−9
SIP−L2−4
SIP−L2−10
SIP−L2−5
SIP−L1−8
SIP−L1−6
SIP−L2−1
SIP−L2−3
Nighttime Sleep Change 2D
Change in Sleep (%)
0.0
−2.5
−5.0
−7.5
−10.0
−12.5
SIP−S2−5
SIP−S2−9
SIP−S1−1
SIP−S1−2
SIP−S2−1
SIP−S1−7
SIP−S2−2
SIP−S2−10
SIP−S2−3
SIP−S2−6
SIP−S2−8
SIP−S1−5
SIP−S1−3
SIP−S1−9
SIP−S1−10
SIP−S2−7
SIP−S1−4
SIP−S2−4
SIP−S1−6
SIP−L1−3
SIP−L2−8
SIP−L1−2
SIP−L1−4
CS
SIP−L1−5
SIP−L2−7
SIP−L1−1
SIP−L2−6
SIP−L1−7
SIP−L2−2
SIP−L1−10
SIP−L1−9
SIP−L2−4
SIP−L2−10
SIP−L2−5
SIP−L1−8
SIP−L1−6
SIP−L2−1
SIP−L2−3