

AutoSleep-20210503-to-20210530

ISO8601	fromDate	toDate	bedtime	waketime	inBed	awake	fellAsleepIn	sessi	asleep	asleepAvg7	efficiency	efficienc	quality	qualityAvg7	deep	deepAvg7	sleepBPM	sleepBPMAvg7	dayBPM	dayBPMAvg7	wakingBPM	wakingBF	hrv	hrvAvg7	SpO2Avg	SpO2Min	SpO2Max	tags	notes
2021-05-03T20:59:59+02:00	domingo, 2 de may	lunes, 3 de may d	2021-05-03 00:45:00	2021-05-03 06:15:00	05:30:00	00:00:00	00:00:00	1	05:30:00	05:46:50	100.0	95.9	05:11:36	04:55:24	03:00:00	02:28:06	57.1	55.7	64.5	67.1	57.0	54.8	18	20					
2021-05-04T20:59:59+02:00	lunes, 3 de may de	martes, 4 de may	2021-05-04 00:00:00	2021-05-04 06:15:00	06:15:00	00:00:00	00:00:00	1	06:15:00	05:50:51	100.0	96.5	05:44:32	05:02:25	03:00:00	02:32:39	55.3	55.6	66.5	67.7	57.0	55.1	10	18					
2021-05-05T20:59:59+02:00	martes, 4 de may d	miércoles, 5 de m	2021-05-05 01:45:00	2021-05-05 06:00:00	04:15:00	00:00:00	00:00:00	1	04:15:00	05:48:17	100.0	96.5	03:48:48	04:59:01	02:00:00	02:32:28	54.4	55.5	65.2	67.4	54.0	54.9	15	18					
2021-05-06T20:59:59+02:00	miércoles, 5 de may	jueves, 6 de may	2021-05-06 00:00:00	2021-05-06 06:15:00	06:41:00	00:00:00	00:00:00	2	06:41:00	06:15:51	100.0	96.5	05:48:34	05:22:06	02:45:00	02:41:11	55.5	55.9	69.0	68.1	56.0	55.4	14	18					
2021-05-07T20:59:59+02:00	jueves, 6 de may de	viernes, 7 de may	2021-05-07 00:45:00	2021-05-07 06:00:00	05:15:00	00:00:00	00:00:00	1	05:15:00	06:40:17	100.0	96.5	04:40:07	05:42:50	02:15:00	02:51:29	57.3	56.1	72.5	68.4	57.0	55.7	13	15					
2021-05-08T20:59:59+02:00	viernes, 7 de may d	sábado, 8 de may	2021-05-08 00:45:00	2021-05-08 08:10:00	07:25:00	00:12:00	00:00:00	1	07:13:00	06:15:42	97.3	98.2	06:28:07	05:32:40	03:21:02	02:52:02	58.1	56.2	71.5	68.6	56.0	55.7	13	15					
2021-05-09T20:59:59+02:00	sábado, 8 de may d	domingo, 9 de ma	2021-05-09 01:00:00	2021-05-09 09:43:00	08:43:00	00:00:00	00:00:00	1	08:43:00	06:16:00	100.0	99.6	07:23:45	05:35:04	02:59:19	02:45:45	57.4	56.4	76.4	69.4	56.0	56.1	16	14					
2021-05-10T20:59:59+02:00	domingo, 9 de may	lunes, 10 de may	2021-05-10 00:30:00	2021-05-10 06:00:00	05:30:00	00:00:00	00:00:00	1	05:30:00	06:16:00	100.0	99.6	04:44:24	05:31:11	01:30:00	02:32:54	58.4	56.6	67.4	69.8	54.0	55.7	17	14					
2021-05-11T20:59:59+02:00	lunes, 10 de may de	martes, 11 de ma	2021-05-11 00:31:00	2021-05-11 06:15:00	05:44:00	00:00:00	00:00:00	1	05:44:00	06:11:34	100.0	99.6	05:10:04	05:26:16	02:59:29	02:32:50	56.3	56.7	69.3	70.2	57.0	55.7	11	14					
2021-05-12T20:59:59+02:00	martes, 11 de may c	miércoles, 12 de r	2021-05-12 00:30:00	2021-05-12 06:15:00	05:45:00	00:00:00	00:00:00	1	05:45:00	06:24:25	100.0	99.6	04:41:02	05:33:43	01:30:00	02:28:32	56.8	57.1	68.6	70.7	54.0	55.7	21	15					
2021-05-13T20:59:59+02:00	miércoles, 12 de ma	jueves, 13 de may	2021-05-13 02:01:00	2021-05-13 06:15:00	04:14:00	00:00:00	00:00:00	1	04:14:00	06:03:25	100.0	99.6	03:41:51	05:15:37	02:29:25	02:26:19	56.3	57.2	70.9	71.0	54.0	55.4	10	15					
2021-05-14T20:59:59+02:00	jueves, 13 de may c	viernes, 14 de ma	2021-05-14 00:45:00	2021-05-14 06:15:00	05:30:00	00:00:00	00:00:00	1	05:30:00	06:05:34	100.0	99.6	04:35:13	05:14:55	02:00:00	02:24:10	59.4	57.5	74.5	71.2	58.0	55.6	35	18					
2021-05-15T20:59:59+02:00	viernes, 14 de may	sábado, 15 de ma	2021-05-15 00:45:00	2021-05-15 10:08:00	09:23:00	00:00:00	00:00:00	1	09:23:00	06:24:08	100.0	100.0	08:14:38	05:30:08	04:03:28	02:30:14	57.6	57.5	73.0	71.4	54.0	55.3	29	20					
2021-05-16T20:59:59+02:00	sábado, 15 de may	domingo, 16 de n	2021-05-16 01:45:00	2021-05-16 08:45:00	07:00:00	00:00:00	00:00:00	1	07:00:00	06:09:25	100.0	100.0	05:55:26	05:17:31	03:00:00	02:30:20	56.2	57.3	76.8	71.5	54.0	55.0	17	20					
2021-05-17T20:59:59+02:00	domingo, 16 de ma	lunes, 17 de may	2021-05-17 01:45:00	2021-05-17 06:15:00	04:30:00	00:00:00	00:00:00	1	04:30:00	06:00:51	100.0	100.0	04:06:34	05:12:07	02:15:00	02:36:46	59.0	57.4	66.7	71.4	60.0	55.9	29	22					
2021-05-18T20:59:59+02:00	lunes, 17 de may de	martes, 18 de ma	2021-05-18 00:45:00	2021-05-18 06:15:00	05:30:00	00:00:00	00:00:00	1	05:30:00	05:58:51	100.0	100.0	04:53:08	05:09:42	02:15:00	02:30:24	56.3	57.4	68.9	71.3	56.0	55.7	14	22					
2021-05-19T20:59:59+02:00	martes, 18 de may c	miércoles, 19 de r	2021-05-19 01:03:00	2021-05-19 06:15:00	05:12:00	00:00:00	00:00:00	1	05:12:00	05:54:08	100.0	100.0	04:22:30	05:07:03	01:58:51	02:34:32	56.9	57.4	66.2	71.0	56.0	56.0	24	22					
2021-05-20T20:59:59+02:00	miércoles, 19 de ma	jueves, 20 de may	2021-05-20 02:15:00	2021-05-20 06:15:00	04:00:00	00:00:00	00:00:00	1	04:00:00	05:52:08	100.0	100.0	03:39:59	05:06:47	02:15:00	02:32:28	57.3	57.5	68.9	70.7	55.0	56.1	11	23					
2021-05-21T20:59:59+02:00	jueves, 20 de may c	viernes, 21 de ma	2021-05-21 01:30:00	2021-05-21 06:15:00	05:23:00	00:00:00	00:00:00	2	05:23:00	05:51:08	100.0	100.0	04:45:50	05:08:18	02:00:00	02:32:28	59.8	57.6	73.3	70.5	59.0	56.3	14	20					
2021-05-22T20:59:59+02:00	viernes, 21 de may	sábado, 22 de ma	2021-05-22 01:45:00	2021-05-22 09:27:00	07:42:00	00:00:00	00:00:00	1	07:42:00	05:36:42	100.0	100.0	07:04:48	04:58:19	03:51:00	02:30:41	59.0	57.8	71.3	70.3	54.0	56.3	12	17					
2021-05-23T20:59:59+02:00	sábado, 22 de may	domingo, 23 de n	2021-05-23 02:17:00	2021-05-23 08:59:00	06:42:00	00:00:00	00:00:00	1	06:42:00	05:34:08	100.0	100.0	05:42:51	04:56:31	02:43:47	02:28:22	58.3	58.1	71.4	69.5	57.0	56.7	23	18					
2021-05-24T20:59:59+02:00	domingo, 23 de ma	lunes, 24 de may	2021-05-24 02:31:00	2021-05-24 06:00:00	03:29:00	00:00:00	00:00:00	1	03:29:00	05:25:25	100.0	100.0	02:57:27	04:46:39	01:29:34	02:21:53	55.6	57.6	65.8	69.4	56.0	56.1	43	20					
2021-05-25T20:59:59+02:00	lunes, 24 de may de	martes, 25 de ma	2021-05-25 00:45:00	2021-05-25 06:15:00	05:30:00	00:00:00	00:00:00	1	05:30:00	05:25:25	100.0	100.0	04:43:46	04:45:19	02:00:00	02:19:44	54.5	57.3	64.6	68.8	52.0	55.6	26	22					
2021-05-26T20:59:59+02:00	martes, 25 de may c	miércoles, 26 de r	2021-05-26 02:15:00	2021-05-26 06:15:00	04:00:00	00:00:00	00:00:00	1	04:00:00	05:15:08	100.0	100.0	03:44:12	04:39:50	02:00:00	02:19:54	57.1	57.4	69.4	69.3	59.0	56.0							
2021-05-27T20:59:59+02:00	miércoles, 26 de ma	jueves, 27 de may	2021-05-27 01:00:00	2021-05-27 06:15:00	05:49:00	00:00:00	00:00:00	2	05:49:00	05:30:42	100.0	100.0	04:50:52	04:49:58	02:00:00	02:17:45	61.0	57.9			61.0	56.9	8	20					
2021-05-29T20:59:59+02:00	viernes, 28 de may	sábado, 29 de ma	2021-05-29 02:14:00	2021-05-29 10:33:00	09:01:00	00:10:00	00:00:00	2	08:51:00	06:00:25	98.0	99.7	08:08:52	05:18:58	04:25:30	02:38:33	60.3	58.0	74.0	70.7	55.0	56.3	14	20					
2021-05-30T20:59:59+02:00	sábado, 29 de may	domingo, 30 de n	2021-05-30 02:02:00	2021-05-30 08:52:00	06:50:00	00:00:00	00:00:00	1	06:50:00	05:53:00	100.0	99.7	06:10:59	05:11:17	03:32:36	02:35:55	60.0	58.1			59.0	57.0	9	19					