Figure 28 Biphasic model of time in bed – time out of bed (in blue) derived from the analysis of the assessed days.

The biphasic model is then adapted to the lying down and standing epochs calculated by the activity monitor. In particular, firstly the rising edges of the biphasic model are matched with the closest falling edges of the standing epochs as in Figure 29. Thus, the light-off moments are established.
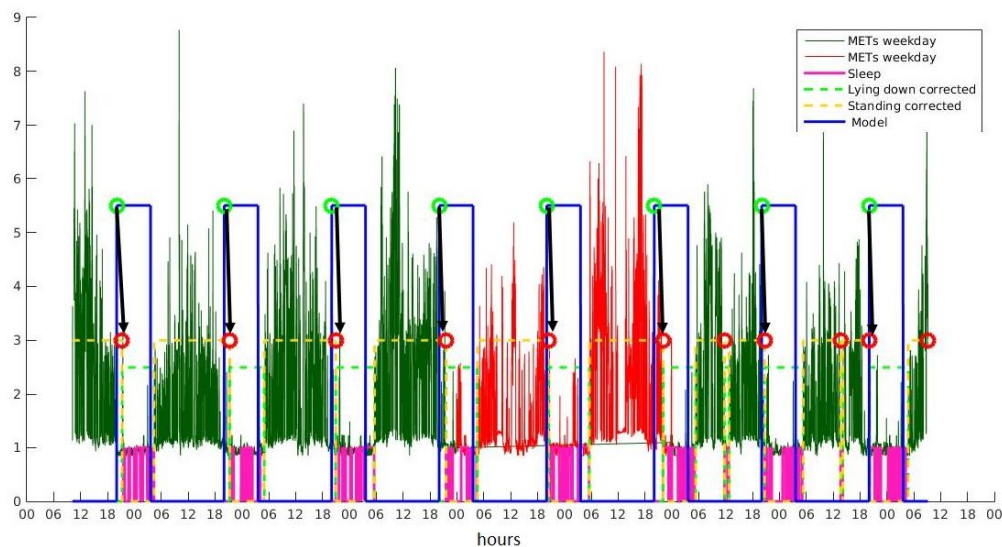


Figure 29 Finding the start of the time in bed epochs (light off). The rising edges of the biphasic model (green circles) are matched with the closest falling edges of the standing epochs (red circles).