



11:43



# Insomnia Coach



Tue  
Apr 28

Wed  
Apr 29

Thu  
Apr 30

Fri  
May 01

Sat  
May 02

Sun  
May 03

Today



TRAINING PLAN



SLEEP COACH



TOOLS



LEARN



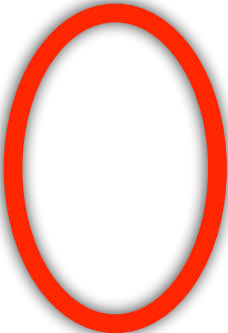
PROGRESS

## TIME IN BED RECOMMENDATION

First available on  
May 10



SLEEP RULES



11:43

Telia N 4G

20:05

100 %

Cancel

Sleep Diary

Help

## FALLING ASLEEP

What time did you get into  
bed yesterday?



01:00

What time did you try to go to sleep?



01:00

How long did it take you to fall asleep?



20 minutes

	0
	5
	10
	15
0	20
1	25
2	30
3	35
4	40

11:43

••• Telia N 4G

20:06

••••• 100 %  

Cancel

Sleep Diary

Help

## STAYING ASLEEP

How many times did you wake up, not counting your final awakening?



2

In total, how long did all of these awakenings last?



1 hour 40 minutes



## WAKING UP

What time was your final awakening?



06:15

Did you wake up earlier than you desired?

YES



How much earlier?

11:43

Telia N 4G

20:08

100 %



## Sleep Coach

Help

### Sleep Diary Feedback

Total Time Asleep  
5 hours 5 minutes



#### FALLING ASLEEP

What time did you get into bed yesterday?



00:55



What time did you try to go to sleep?



01:15



How long did it take you to fall asleep?



10 minutes



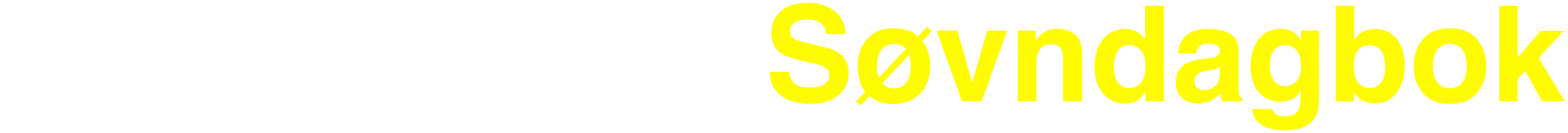
#### STAYING ASLEEP

How many times did you wake up?



0 times





Søvndagbok



# Kartlegging: Søvndagbok

11:43 Telia N 4G 20:05 100 %

Cancel Sleep Diary Help

FALLING ASLEEP

What time did you get into bed yesterday? ⓘ

01:00

What time did you try to go to sleep? ⓘ

01:00

How long did it take you to fall asleep? ⓘ

20 minutes

0	20
1	25
2	30
3	35
4	40

11:43 Telia N 4G 20:06 100 %

Cancel Sleep Diary Help

STAYING ASLEEP

How many times did you wake up, not counting your final awakening? ⓘ

2

In total, how long did all of these awakenings last? ⓘ

1 hour 40 minutes

WAKING UP

What time was your final awakening? ⓘ

06:15

Did you wake up earlier than you desired? YES ☐

How much earlier? ⓘ

11:43 Telia N 4G 20:08 100 %

< Sleep Coach Help

Sleep Diary Feedback

Total Time Asleep  
5 hours 5 minutes

FALLING ASLEEP

What time did you get into bed yesterday?

✓ 00:55

What time did you try to go to sleep?

⚠ 01:15

How long did it take you to fall asleep?

✓ 10 minutes

STAYING ASLEEP

How many times did you wake up?

✓ 0 times



# Utrekning (automatisk):

