



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



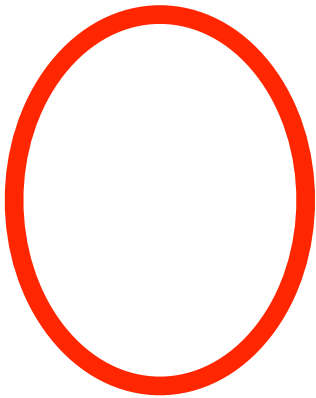
PROGRESS

### TIME IN BED RECOMMENDATION

First available on  
May 10



SLEEP RULES



3. Utregning

11:43

Telia N 4G

20:09

100 %



## Progress

Help

Daily

Weekly

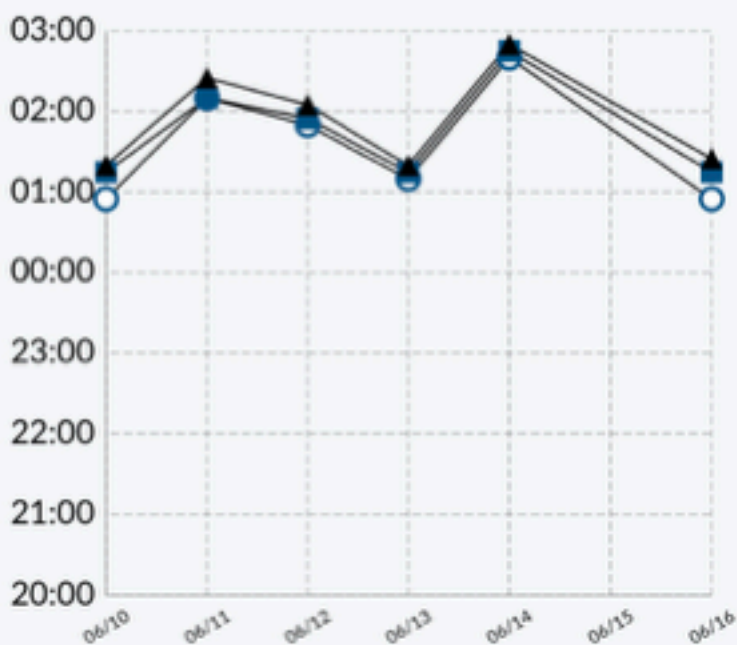


## Fell Asleep

○ Went to Bed

■ Lights Out

▲ Fell Asleep



Look at the relationship between the lines.  
All 3 lines should be as close together as possible.

11:43

Telia N 4G

20:08

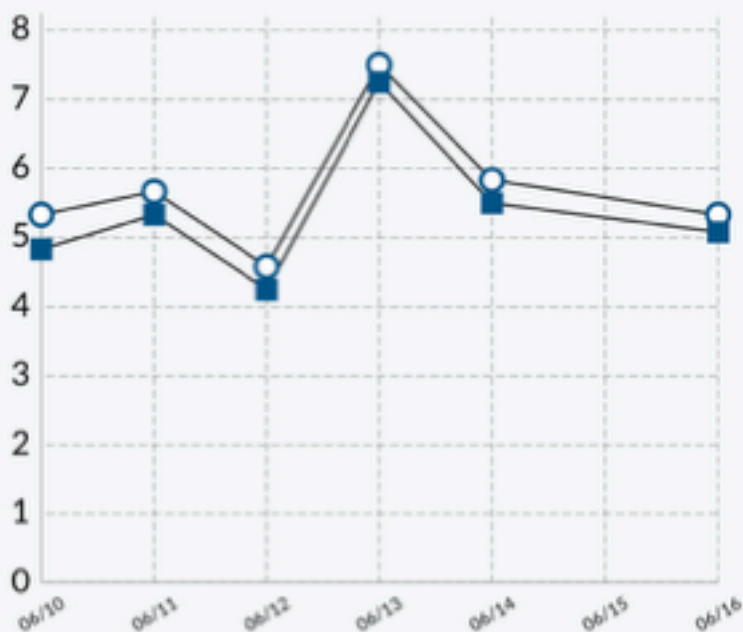
100 %



## Progress

Help

- Time in Bed (Avg= 5.7 hours)  
■ Time Asleep (Avg= 5.4 hours)



Compare the total time in bed to the total time you're actually asleep. These lines will be close together when you are sleeping efficiently.

DATE

TIME  
IN BEDTIME  
ASLEEP

Jun 16

5,3 hours

5,1 hours

Jun 14

5,8 hours

5,5 hours

11:43

Telia N 4G

20:09

100 %



## Progress

Help

## Sleep Efficiency

○ Percentage (Avg= 94.0 %)



Sleep Efficiency is the proportion of time you spend asleep relative to the time you spend in bed. The higher the percentage, the better!

DATE

EFFICIENCY

Jun 16

95,3%

11:43

Telia N 4G

20:10

100 %



## Progress

Help

Daily

Weekly



## Minutes Awake In The Middle Of The Night

- Minutes Awake in the Middle of the Night (# of times awake)



Ideally, the total time spent awake and the number of times you wake up during the night will decrease over time.



11:43

Telia N 4G

20:10

100 %

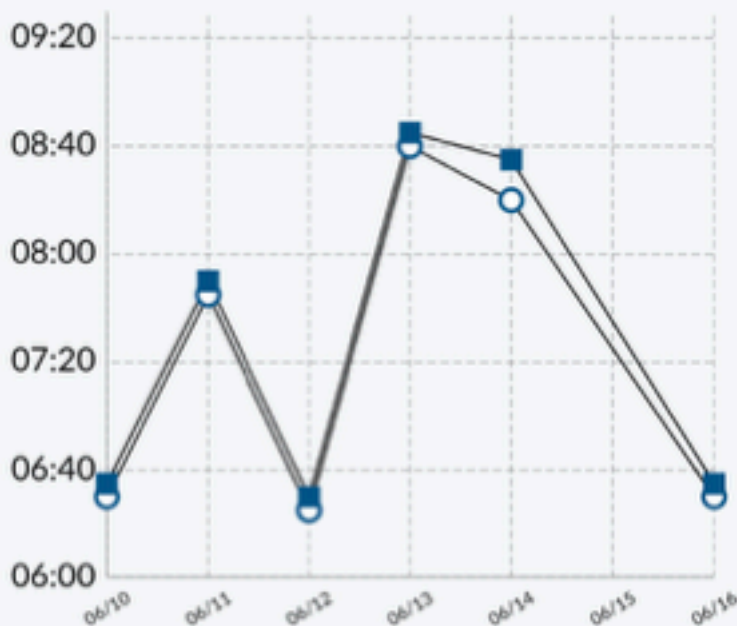


## Progress

Help

○ Woke Up

■ Get Out of Bed



Compare the two lines. The closer they are to one another, the better.

DATE

WOKE UP

GET OUT OF BED

Jun 16

06:30

06:35

Jun 14

08:20

08:35































































































































































































































Senguetid

Sonntich

Søvn effektivitet (SEE)

3. Uregning (automatisk)

Sengetid

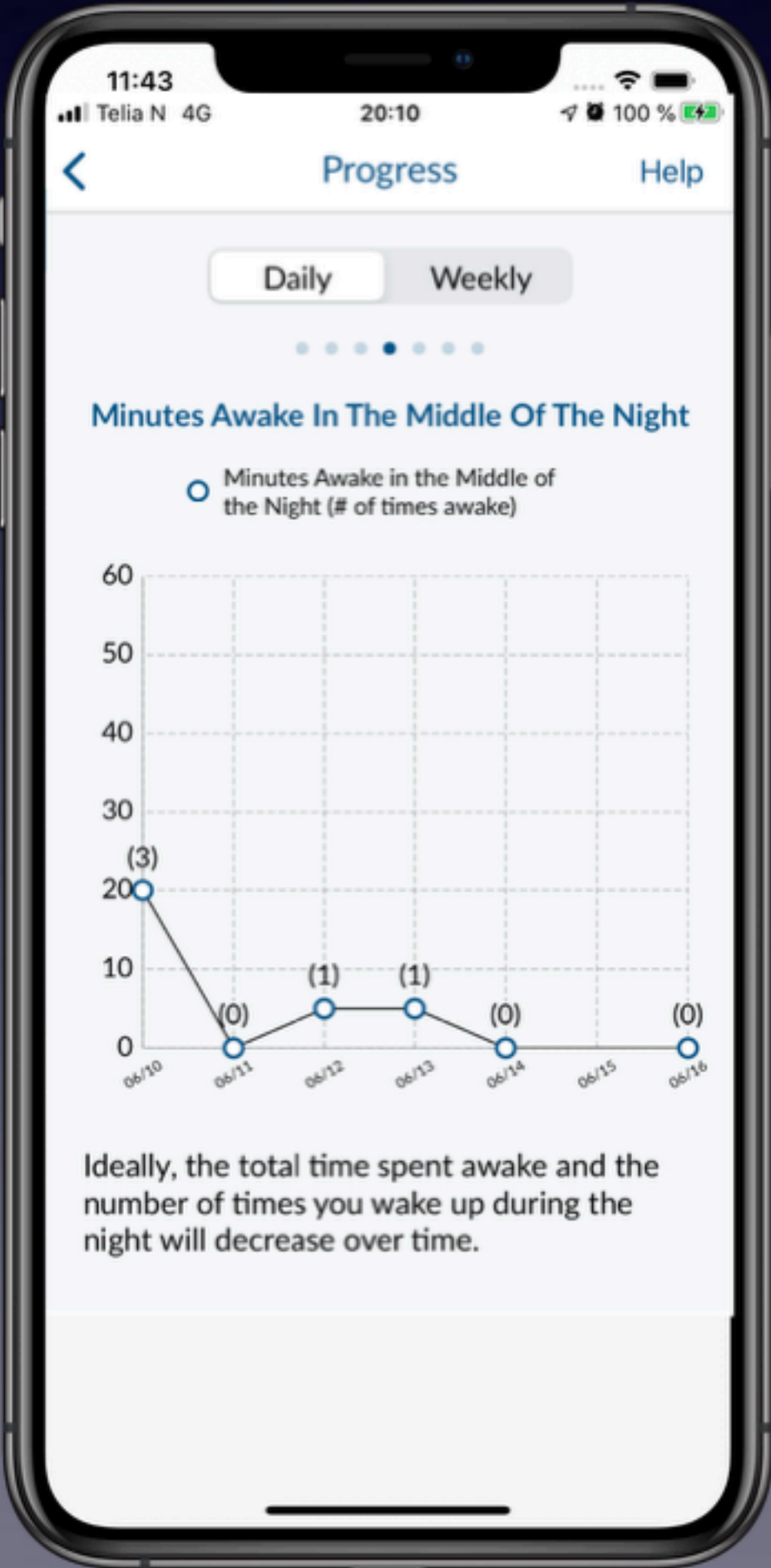
Søvntid

Søvneffektivitet (SE)

Leggetid  
Insovningstid

Oppvåkninger

Siste oppvåkning  
Morgenslumring



#### 4. Behandling – **a) søvnrestriksjon** (automatiske forslag)

