

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



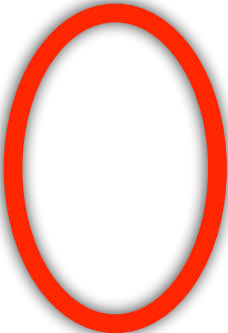
PROGRESS

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



2. Kartlegging:

2. Kartlegging: Søvn dagbok

11:43

Telia N 4G

20:05

100 %

Cancel

Sleep Diary

Help

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11:43

Telia N 4G

20:06

100 %

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Sleep Coach

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STAYING ASLEEP

How many times did you wake up?

0 times

3. Utregning (automatisk)

