Daily Wake-up Times
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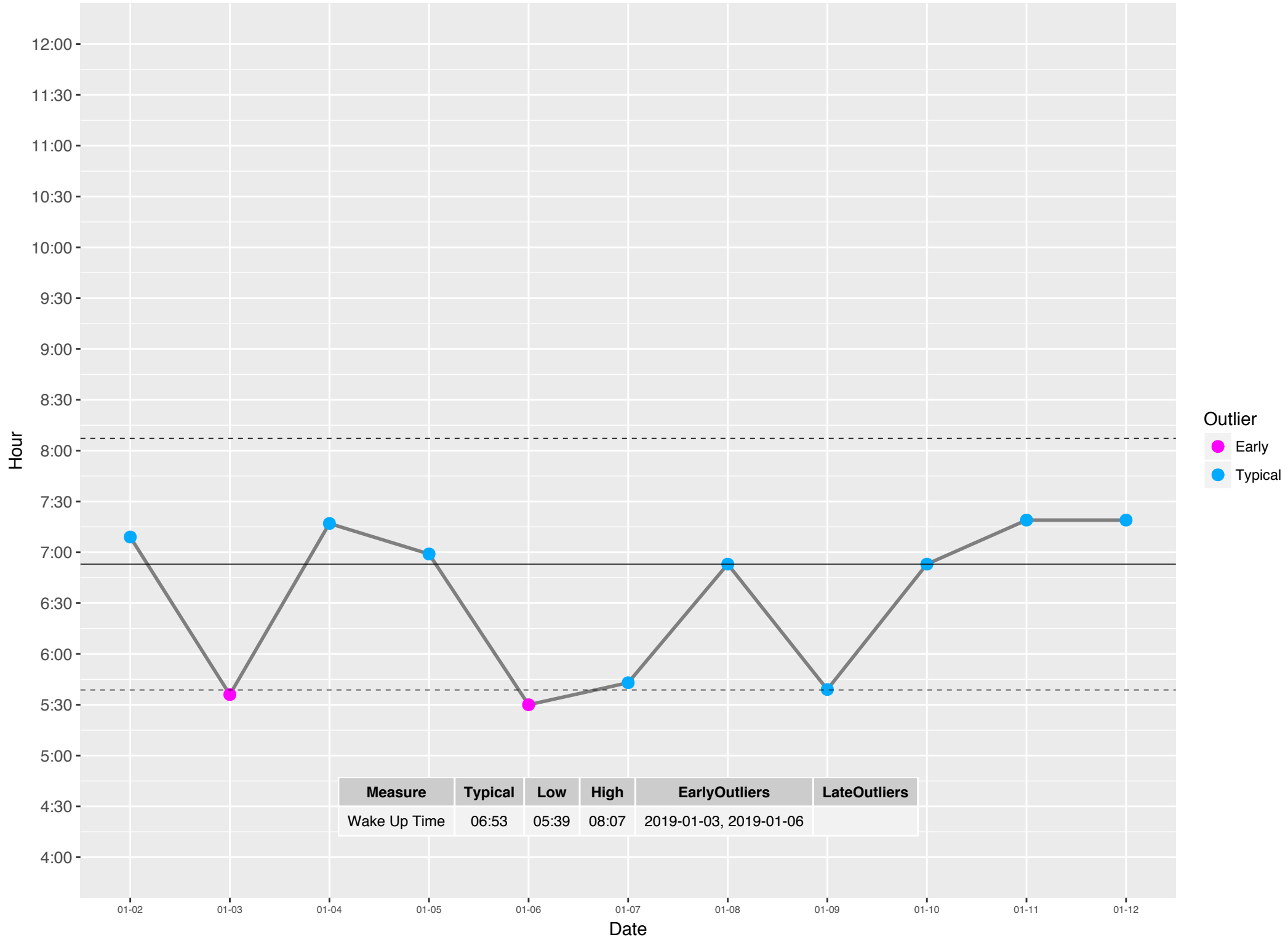
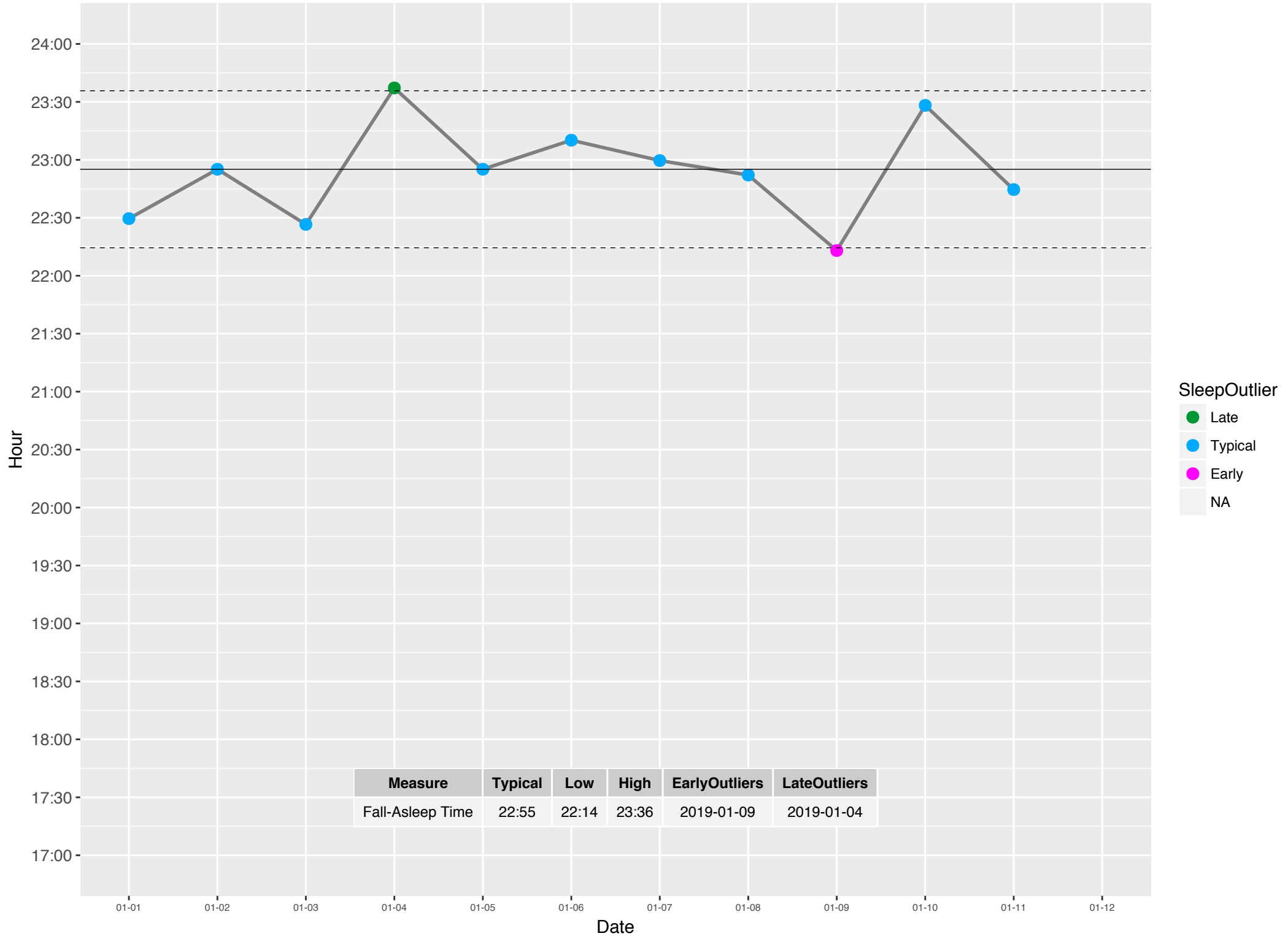


Measure	Typical	Low	High	EarlyOutliers	LateOutliers
Wake Up Time	06:53	05:39	08:07	2019-01-03, 2019-01-06	

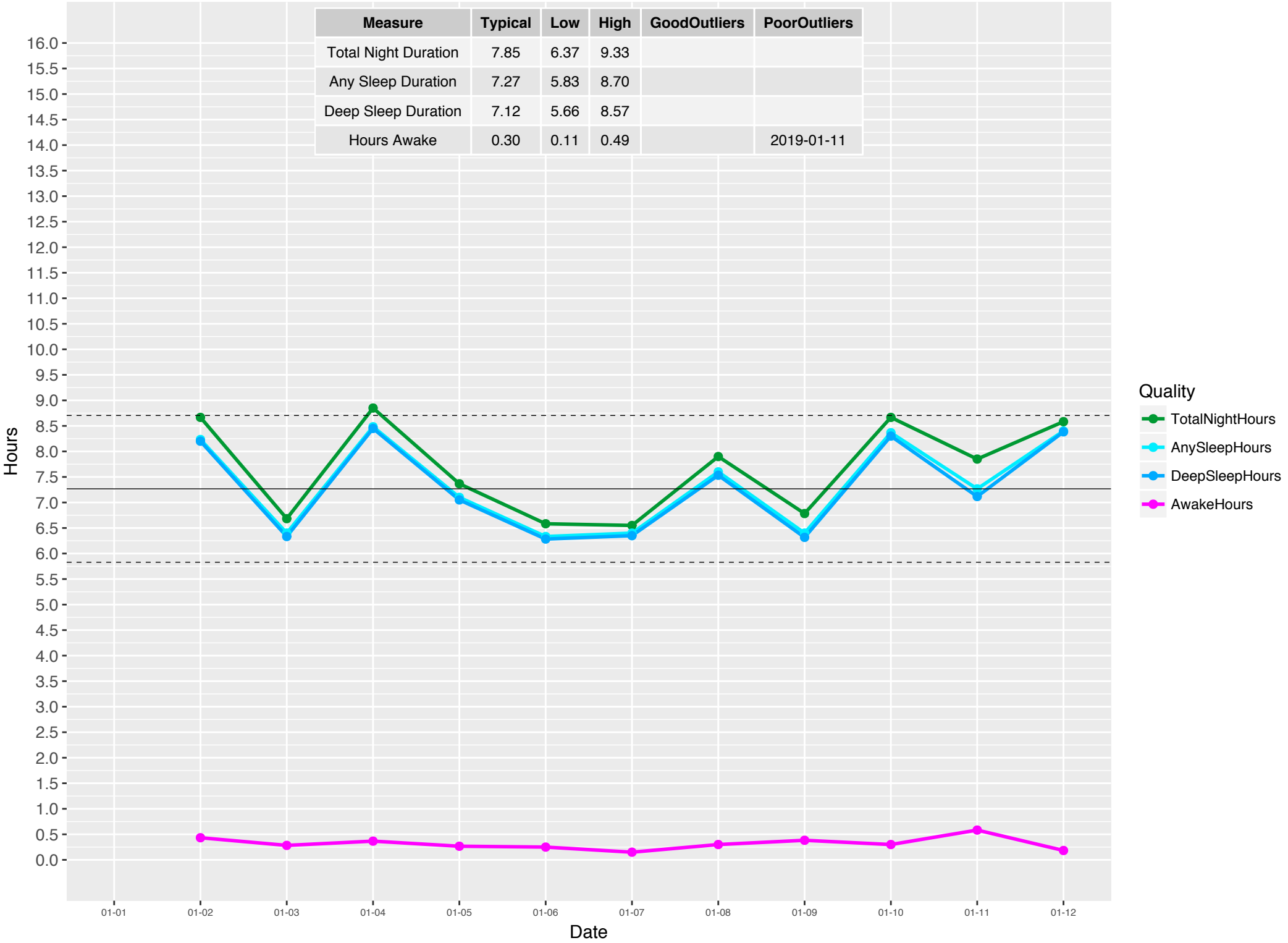
Daily Fall-Asleep Times
9m8nmgzk76nadxk9r67xkojgkp58qb



Measure	Typical	Low	High	EarlyOutliers	LateOutliers
Fall-Asleep Time	22:55	22:14	23:36	2019-01-09	2019-01-04

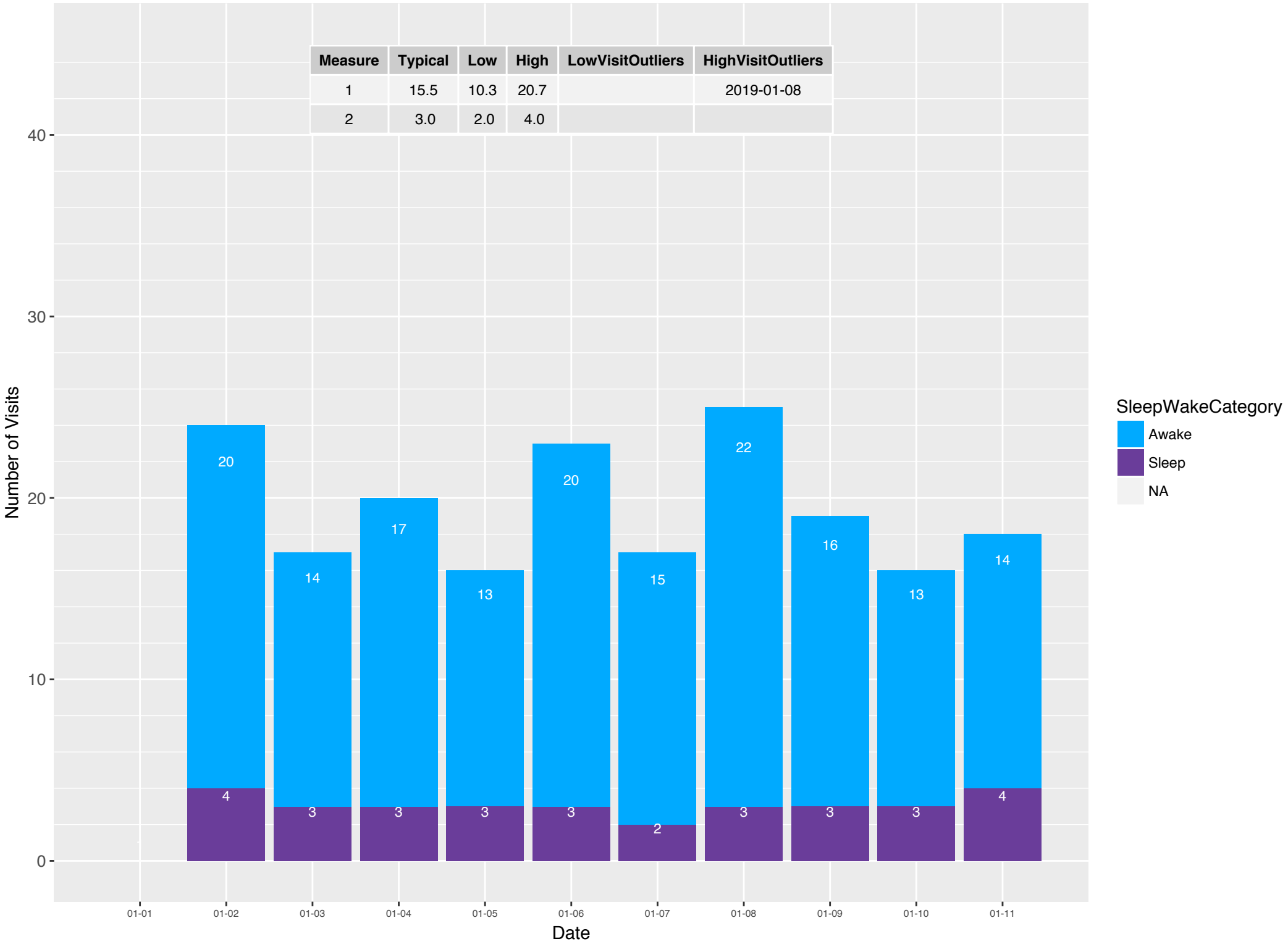
Sleep Duration From Previous Night
9m8nmgzk76nadxk9r67xkojgkp58qb

Measure	Typical	Low	High	GoodOutliers	PoorOutliers
Total Night Duration	7.85	6.37	9.33		
Any Sleep Duration	7.27	5.83	8.70		
Deep Sleep Duration	7.12	5.66	8.57		
Hours Awake	0.30	0.11	0.49		2019-01-11



Bathroom Visits By Sleep/Awake Time
9m8nmgzk76nadxk9r67xkojgkp58qb

Measure	Typical	Low	High	LowVisitOutliers	HighVisitOutliers
1	15.5	10.3	20.7		2019-01-08
2	3.0	2.0	4.0		



Bathroom Visit Duration By Week and Time of Day
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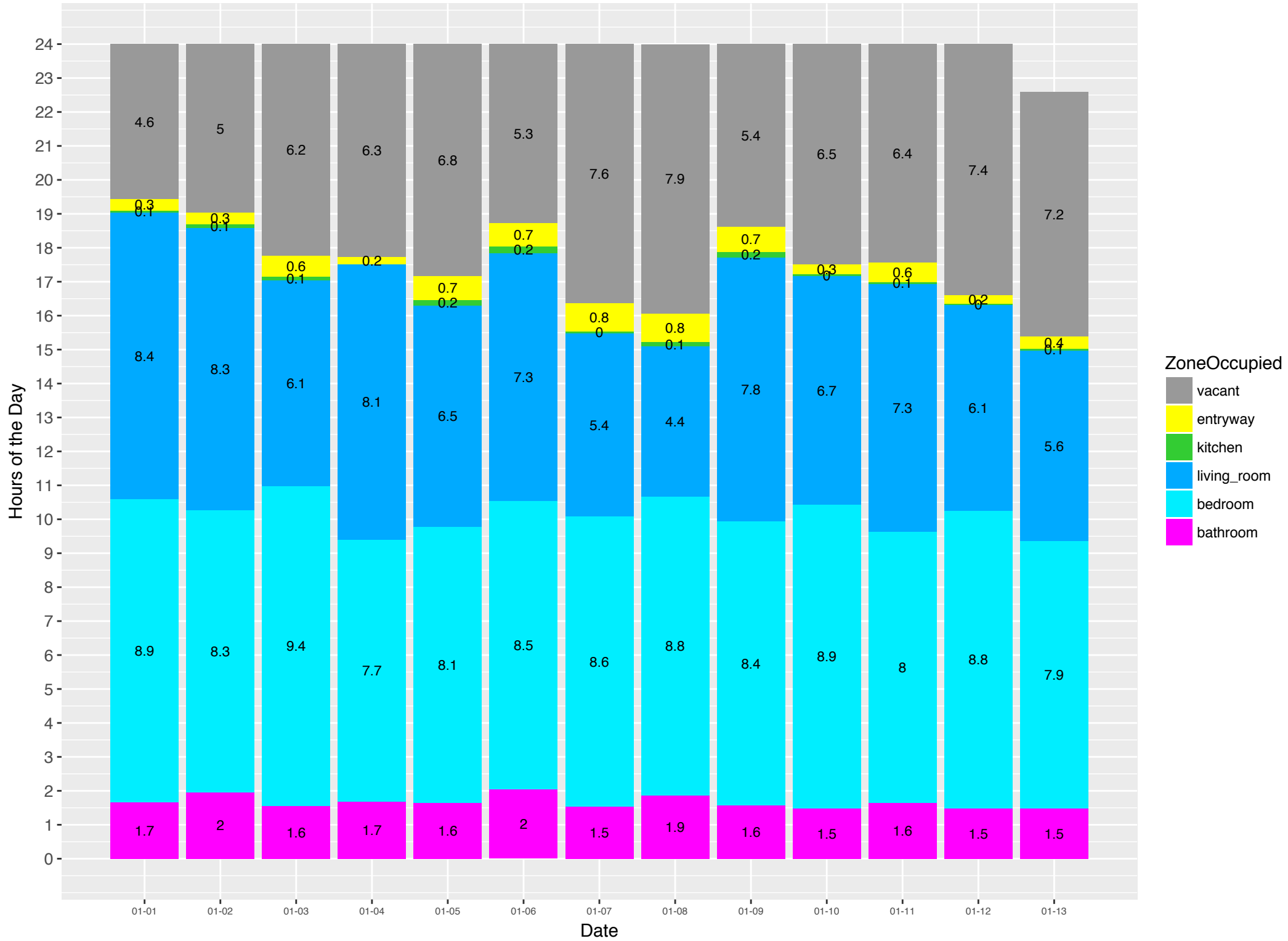
Location of Time Spent In and Out of Apartment
9m8nmgzk76nadxk9r67xkojgkp58qb