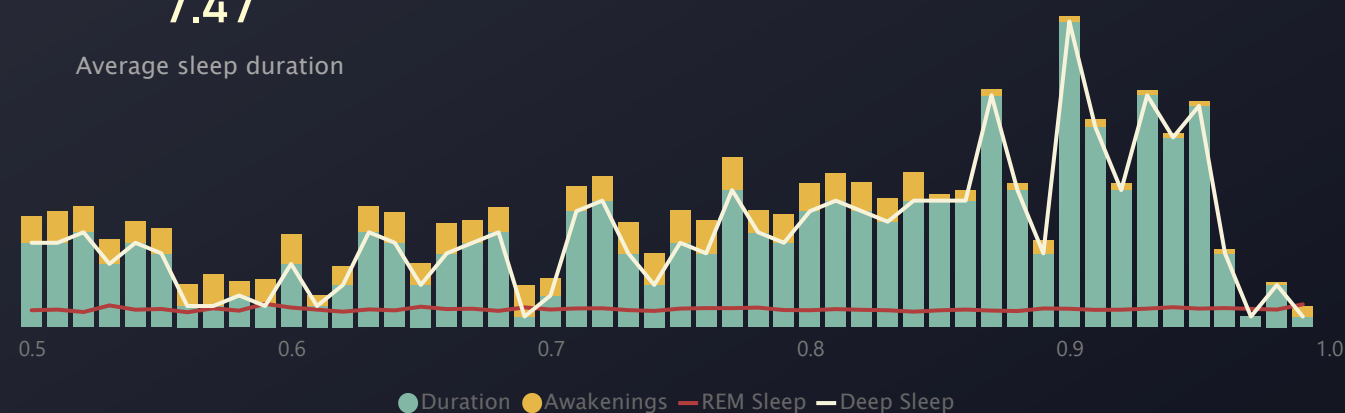




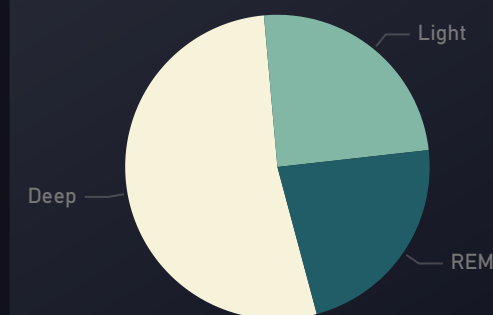
7.47

Average sleep duration

Sleep efficiency



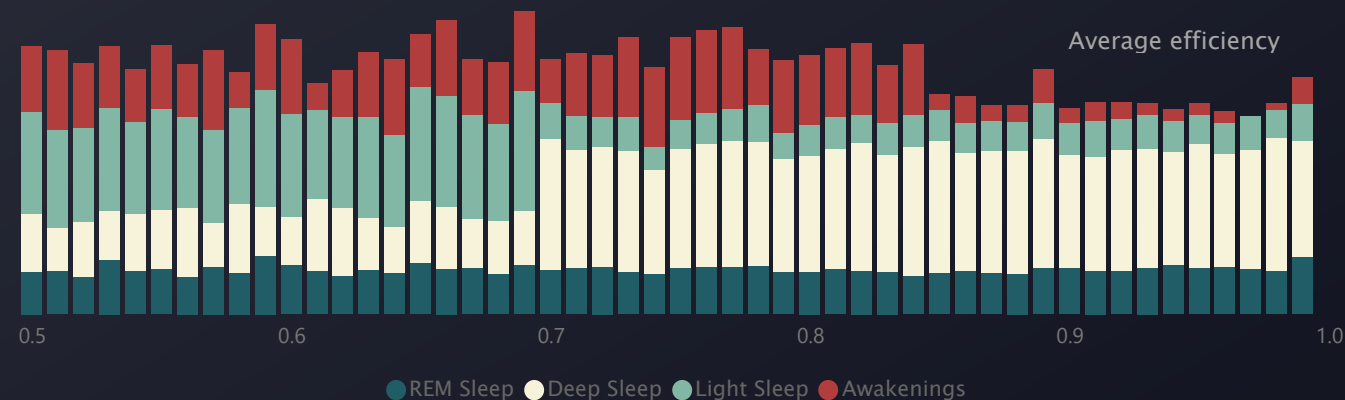
Sleep distribution



Sleep efficiency based on phases

0.79

Average efficiency



Awakenings distribution



1.67

Average awakenings



Tobacco

1.5

1.6

2.0

2.1

2.2

2.2

Alcohol consumption

1.76

1.65

1.64

1.32

0.60

Caffeine consumption

1.95

1.83

1.71

1.65

0.88

0.25

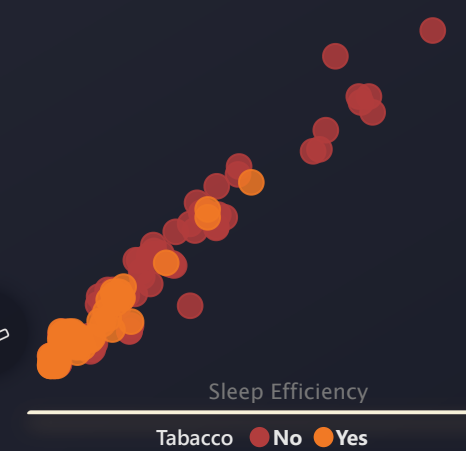
Exercise

Impact of external factors

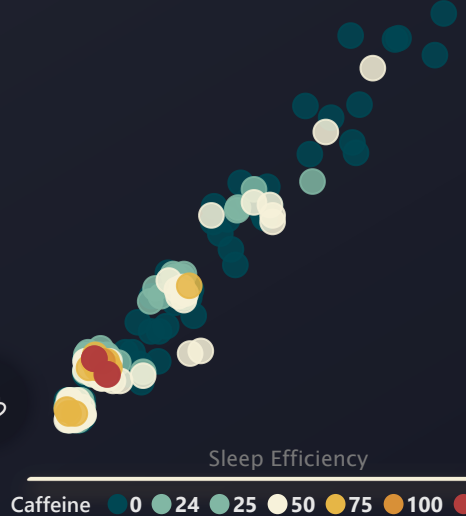
Deep Sleep



Deep sleep



Deep Sleep



Deep Sleep

