

**Sleep**

Goal (Me) 9:30 PM

Curr (Me) 11:06 PM

Goal (US) 11:43 PM

**Wake**

Goal (Me) 4:30 AM

Curr (Me) 6:14 AM

Goal (US) 7:11 AM

**Duration**

Goal (Me) 7.0 hr

Curr (Me) 7.1 hr

Goal (US) 7.1 hr

Date	Sleep	Wake	%	Time [hrs]
21-Nov	10:56 PM	6:34 AM	88	7:38
20-Nov	9:53 PM	5:23 AM	65	7:30
19-Nov	9:39 PM	6:43 AM	97	9:04
18-Nov	1:49 AM	7:27 AM	55	5:38
17-Nov	9:59 PM	6:06 AM		8:07
16-Nov	10:25 PM	5:48 AM	75	7:23
15-Nov	9:48 PM	4:27 AM	70	6:39
14-Nov	10:20 PM	5:28 AM	81	7:08
13-Nov	9:41 PM	4:19 AM	31	6:38
12-Nov	12:21 AM	7:27 AM	80	7:06
10-Nov	9:58 PM	5:57 AM	75	7:59
7-Nov	1:26 AM	6:41 AM	62	5:15
6-Nov	10:47 PM	5:15 AM	43	6:28
5-Nov	11:48 PM	5:17 AM	75	5:29
4-Nov	1:36 AM	8:19 AM	71	6:43
3-Nov	10:54 PM	5:44 AM	67	6:50
2-Nov	10:34 PM	5:22 AM	70	6:48
1-Nov	10:39 PM	5:33 AM	73	6:54
31-Oct	10:56 PM	6:43 AM	55	7:47
30-Oct	11:04 PM	6:53 AM	79	7:49
29-Oct	11:21 PM	6:12 AM	60	6:51
28-Oct	11:21 PM	6:09 AM	73	6:48
27-Oct	11:38 PM	4:34 AM	56	4:56
26-Oct	10:25 PM	6:42 AM	83	8:17
25-Oct	10:13 PM	6:48 AM	97	8:35
24-Oct	10:53 PM	5:09 AM	70	6:16
23-Oct	10:53 PM	6:48 AM	88	7:55
22-Oct	12:43 AM	8:13 AM	67	7:30
21-Oct	11:21 PM	7:57 AM	98	8:36

