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| **Lights OFF**  **Lights ON** | Time at which one starts trying to fall asleep  Time at which one is woken up (or recording ends) |
| **TiB** | Time in Bed; time between Lights OFF and Lights ON |
| SOL | **Sleep Onset Latency;**  Time between Lights OFF and the 1st epoch of sleep  (i.e. how long does it take to fall asleep) |
| **REM\_Lat** | Rem Latency; Time between 1st epoch of sleep and 1st epoch of REM |
| TST | **Total Sleep Time;** Time during the recording that was spent asleep |
| **WASO** | **Wake After Sleep Onset;** Time between 1st epoch of sleep and end of recording that was spent awake.  From Rebecca’s email sent on Tuesday February 8 20120.  *WASO = Wake after sleep onset*  *= Starting from first period of sleep and until the last period of sleep in the recording, all the epochs scored as wake (ca comprend les mini-reveils*durant*la nuit)* |
| **Sleep Efficiency** | =(TST / TiB ) \*100  Reflects how consolidated/fragmented sleep is |
| **N1\_min** | **Absolute Sleep Stages**  Number of minutes spend in each sleep Stage |
| **N3\_min** |
| **N3\_min** |
| **REM\_min** |
| **N1\_PC** | **Relative Sleep Stages**  Percentage of Total Sleep Time spend in in each  sleep Stage (e.g. = (N1/Total Sleep Time) \*100 ) |
| **N3\_PC** |
| **N3\_PC** |
| **REM\_PC** |