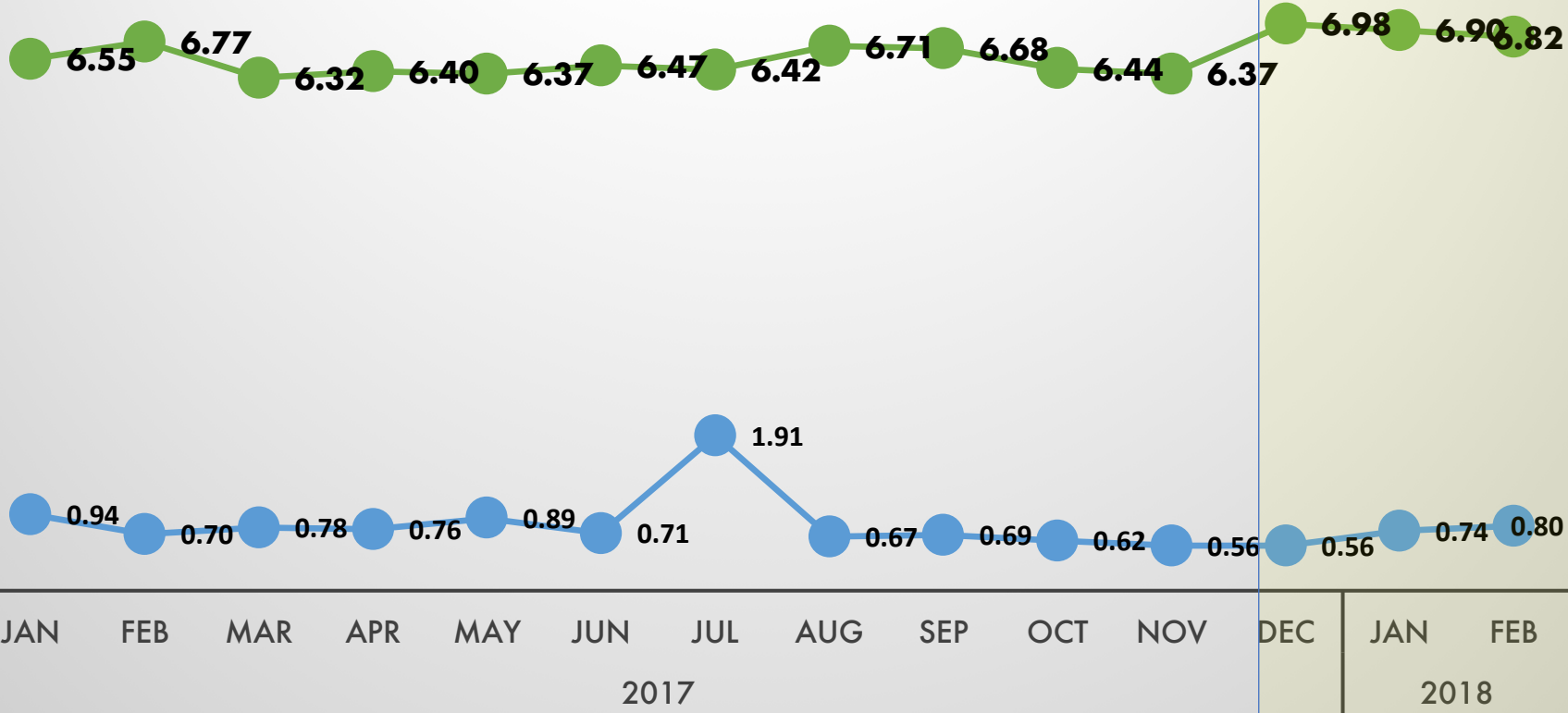


My Sleep

—●— Average of Z —●— StdDev of Z



DayTwo
Diet

From a nightly average of
6hr 30 min
To
6hr 52 min

That's an extra
22 Min sleep / day