

# Sahara: User Sleep and Mood Report

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Date Range: June 24, 2025 - July 24, 2025

## Sleep Log Summary (Past 30 Days)

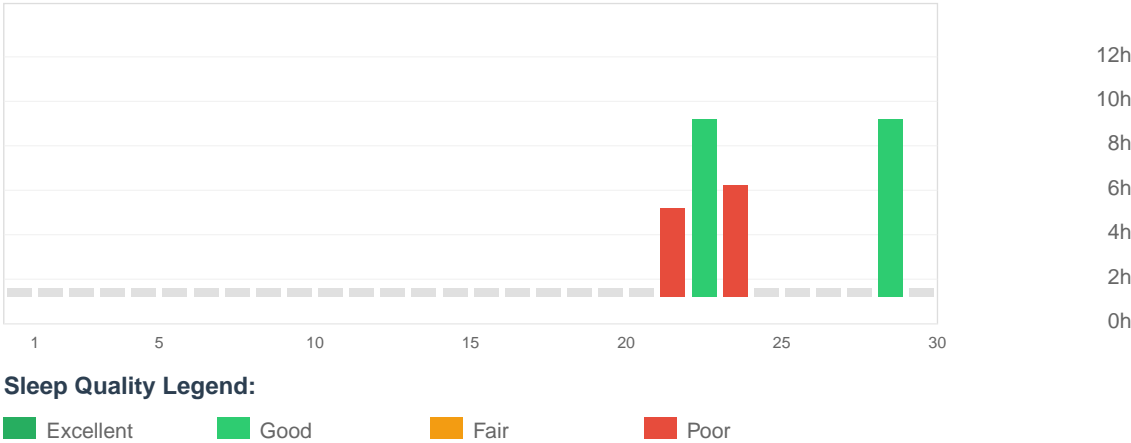
The following table shows the user's sleep logs for days with recorded data.

| Date       | Day       | Hours Slept | Quality |
|------------|-----------|-------------|---------|
| 07/16/2025 | Wednesday | 4           | Poor    |
| 07/17/2025 | Thursday  | 8           | Good    |
| 07/18/2025 | Friday    | 5           | Poor    |
| 07/23/2025 | Wednesday | 8           | Good    |

### Summary:

Average Hours Slept: 6.25 hours  
Most Common Sleep Quality: Poor

## Sleep Hours and Quality Chart (All 30 Days)



## Mood History (Past 30 Days)

The following table shows the user's self-reported and AI-predicted emotions for days with shared journal entries.

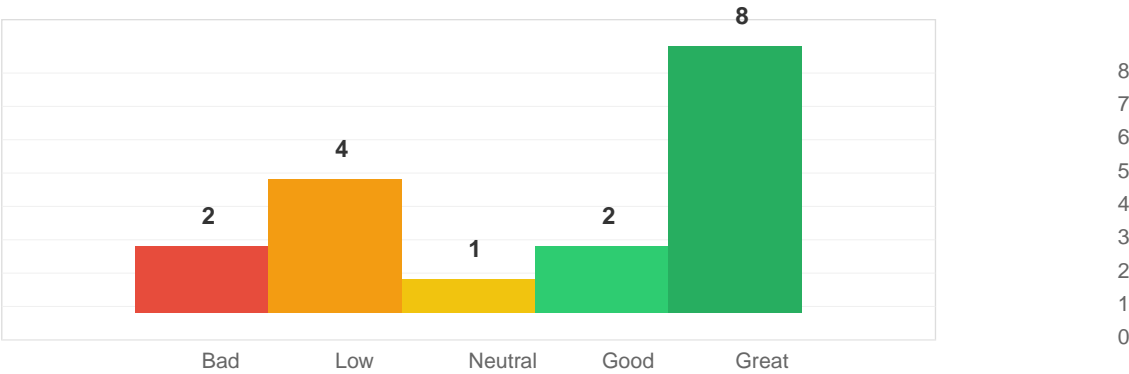
| Date       | Day      | Explicit Emotion | Predicted Emotion |
|------------|----------|------------------|-------------------|
| 07/18/2025 | Friday   | Bad              | joy               |
| 07/24/2025 | Thursday | Great            | joy               |

### Summary:

Most Common Explicit Emotion: Great

Most Common Predicted Emotion: joy

### User-Reported Emotion Distribution



### AI-Predicted Emotion Distribution

