

Sahara: User Sleep and Mood Report

Prepared for: Subham Pandey
Date Range: June 24, 2025 - July 24, 2025

Sleep Log Summary (Past 30 Days)

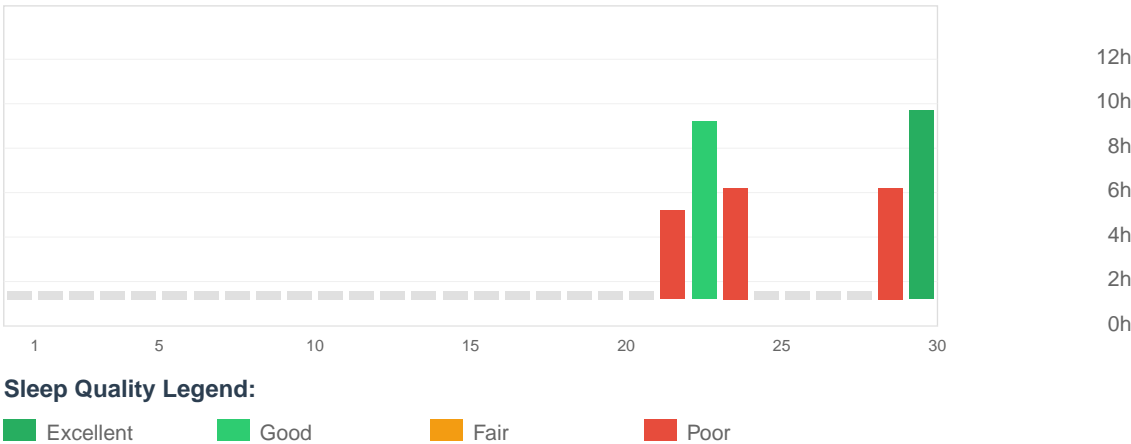
The following table shows the user's sleep logs for days with recorded data.

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	5	Poor
07/24/2025	Thursday	8.5	Excellent

Summary:

Average Hours Slept: 6.10 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.

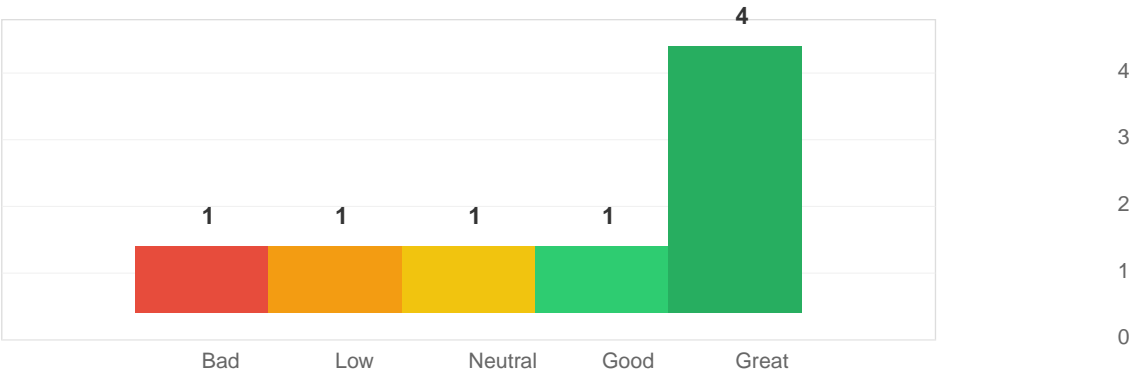
Date	Day	Explicit Emotion	Predicted Emotion
07/18/2025	Friday	Bad	joy
07/24/2025	Thursday	Good	joy

Summary:

Most Common Explicit Emotion: Great

Most Common Predicted Emotion: joy

User-Reported Emotion Distribution



AI-Predicted Emotion Distribution

