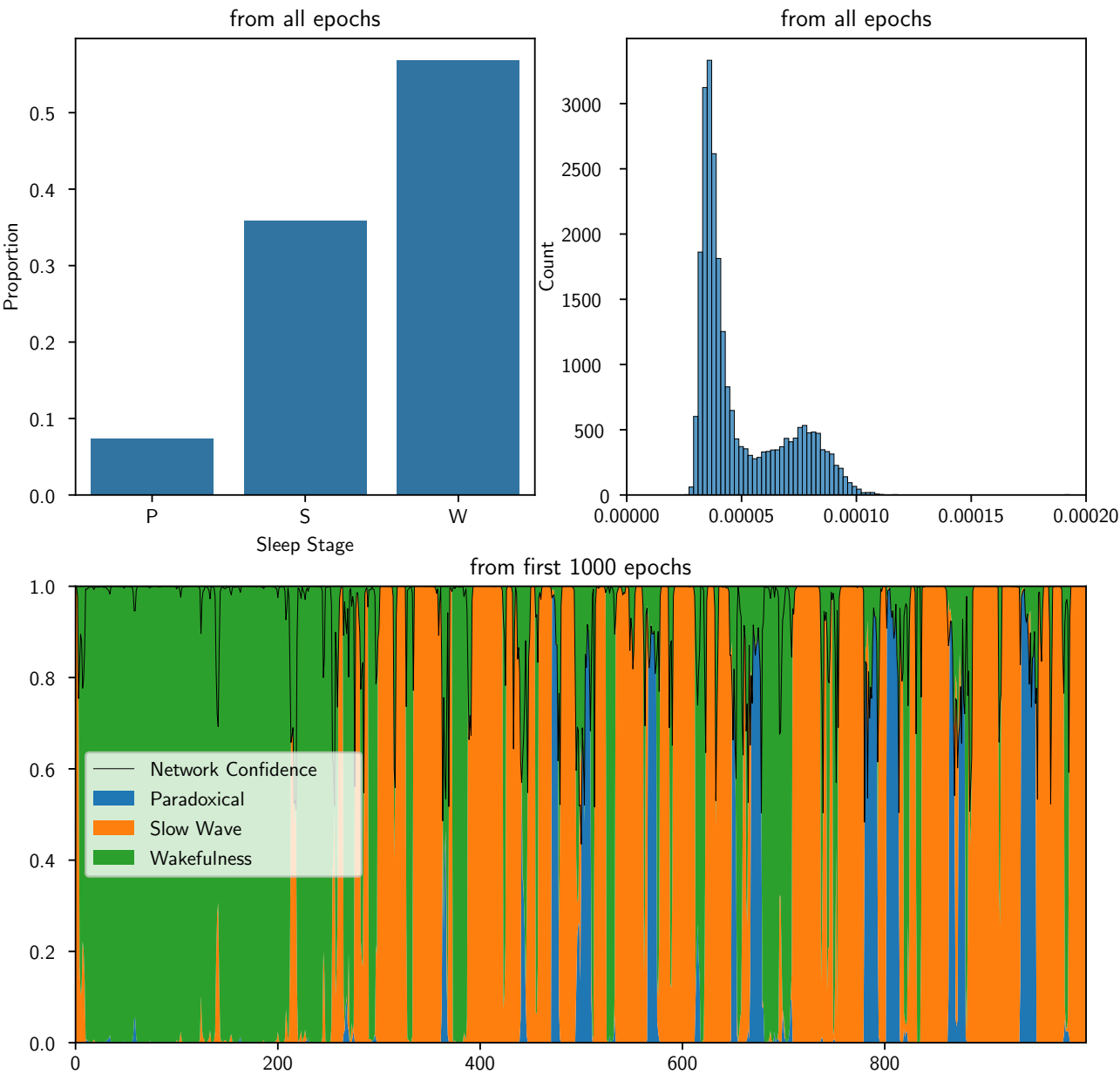


Courtney January 2025

Overview of Sleep Stages

Your sleep was monitored and scored into the following stages:

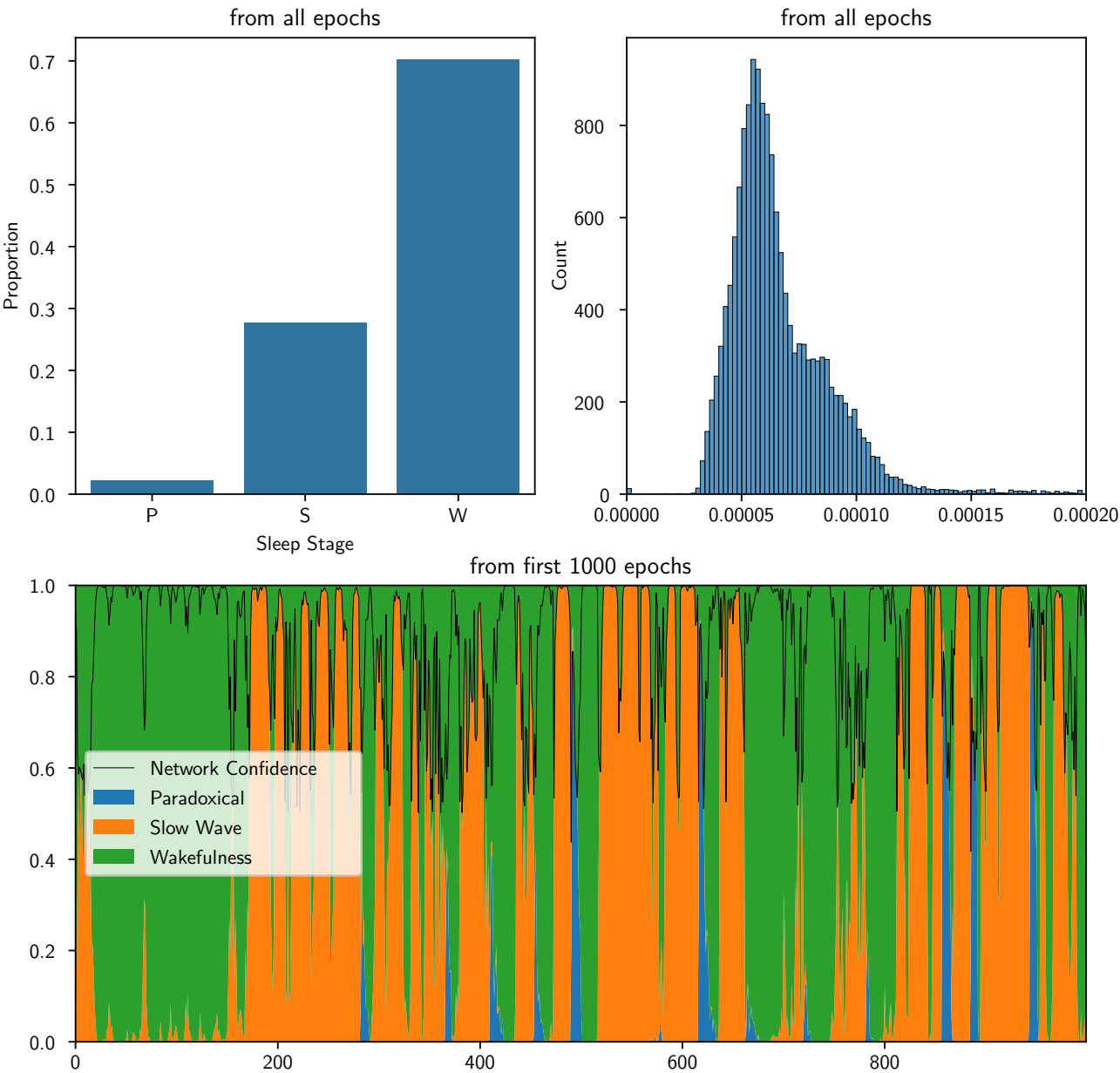
data/24-Jun PD49 24-Jun-D2



Length (epochs): 25547.000
Length (hours): 70.964
Average Network Confidence: 0.935
Paradoxical Proportion: 0.073

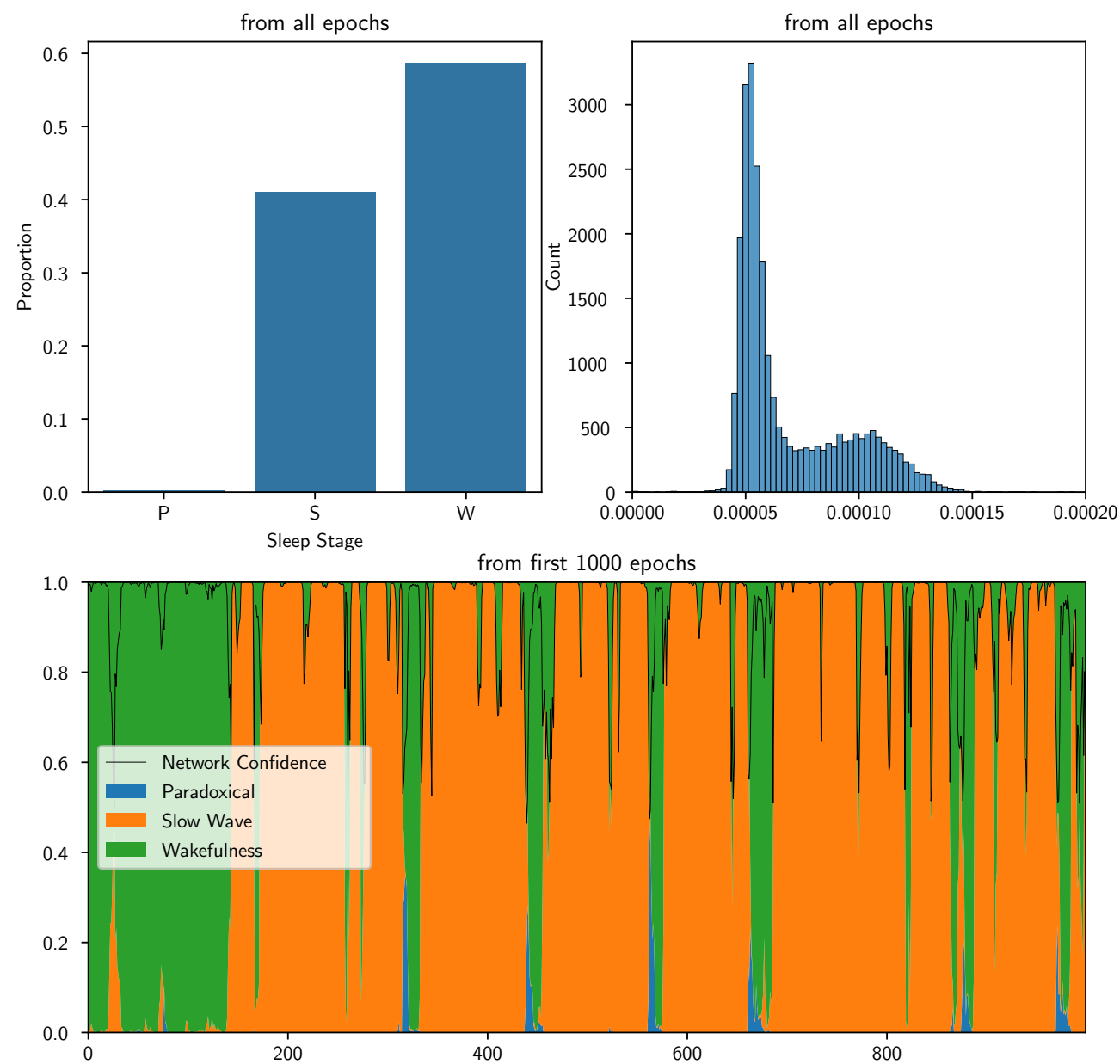
Slow-Wave Proportion: 0.358
Wakefulness Proportion: 0.569

data/24-Jun PD49 24-Jun-A1



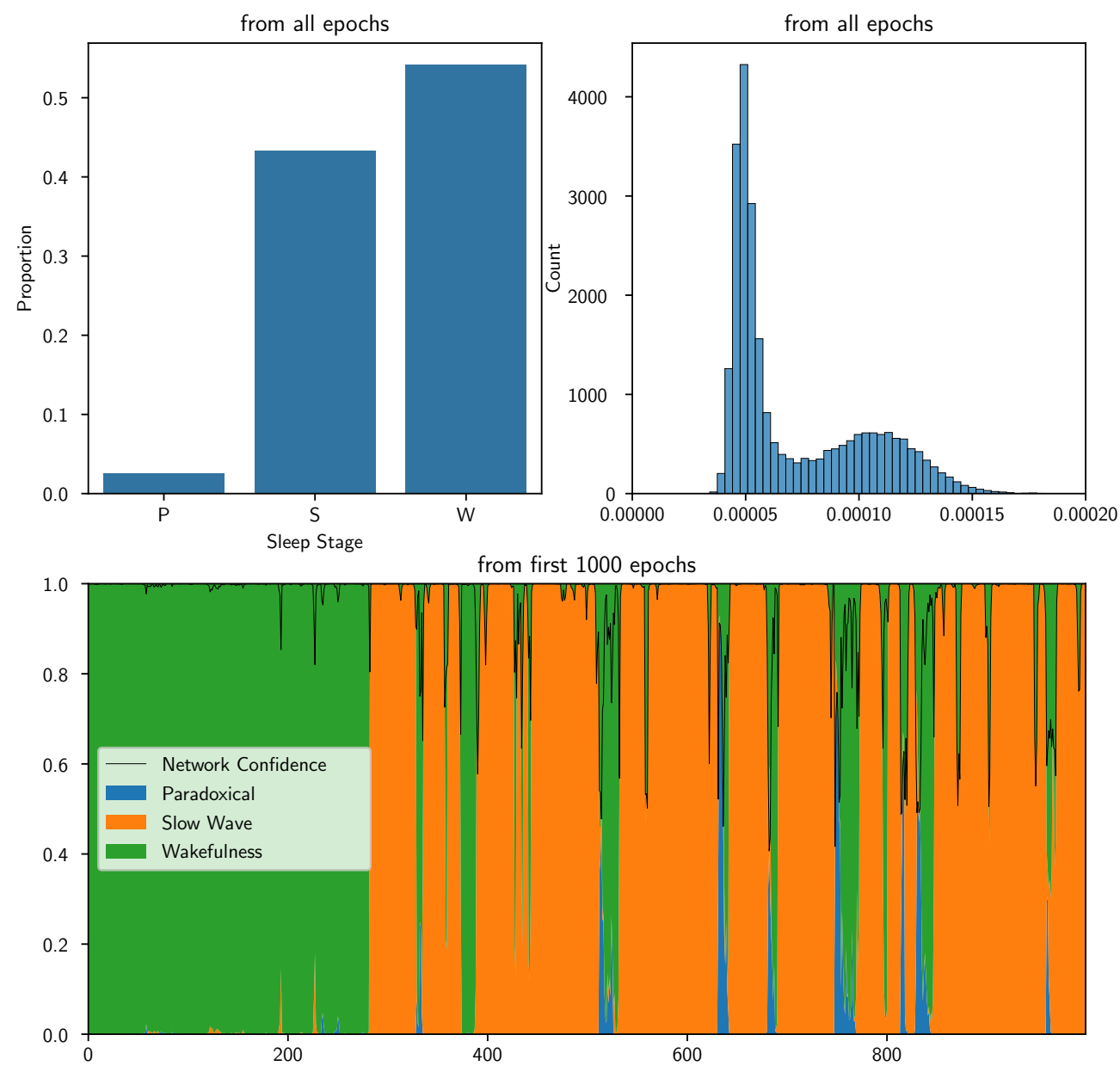
Length (epochs): 15721.000
Length (hours): 43.669
Average Network Confidence: 0.882
Paradoxical Proportion: 0.022
Slow-Wave Proportion: 0.276
Wakefulness Proportion: 0.702

data/24-Jun PD49 24-Jun-D1



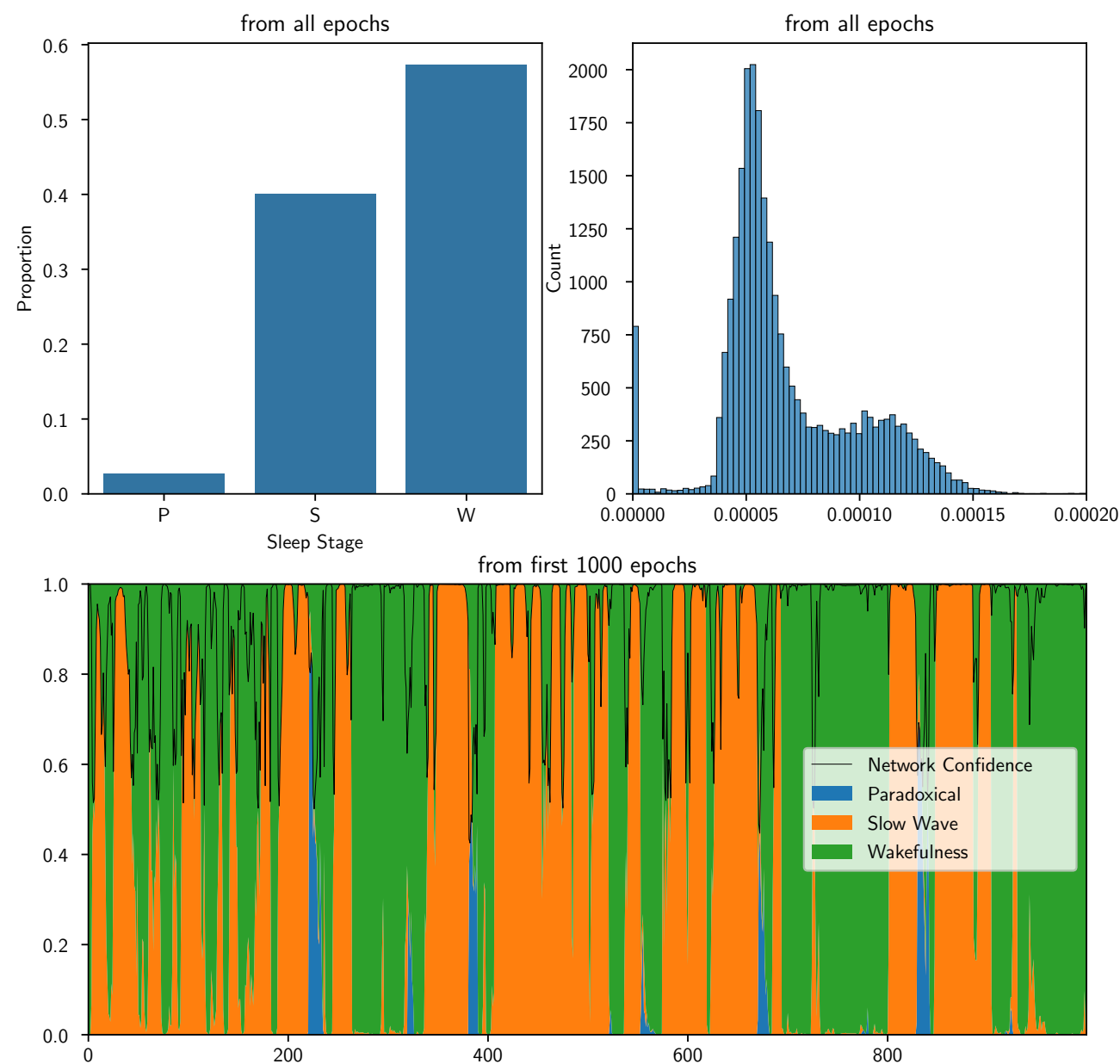
Length (epochs): 25547.000
Length (hours): 70.964
Average Network Confidence: 0.938
Paradoxical Proportion: 0.003
Slow-Wave Proportion: 0.411
Wakefulness Proportion: 0.587

data/24-Jun PD49 24-Jun-A2



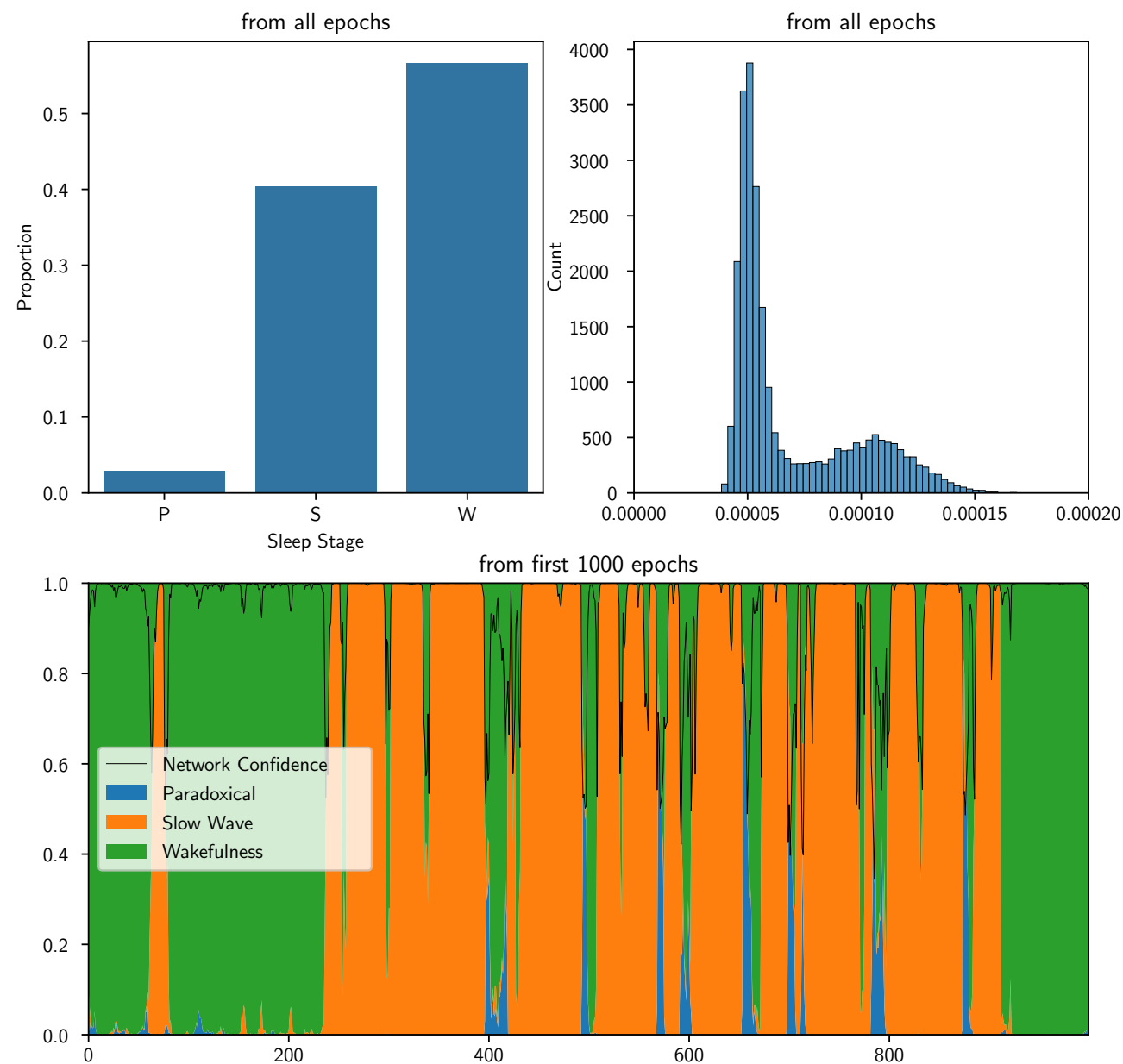
Length (epochs): 25547.000
Length (hours): 70.964
Average Network Confidence: 0.957
Paradoxical Proportion: 0.025
Slow-Wave Proportion: 0.433
Wakefulness Proportion: 0.542

data/24-Jun PD49 24-Jun-B2



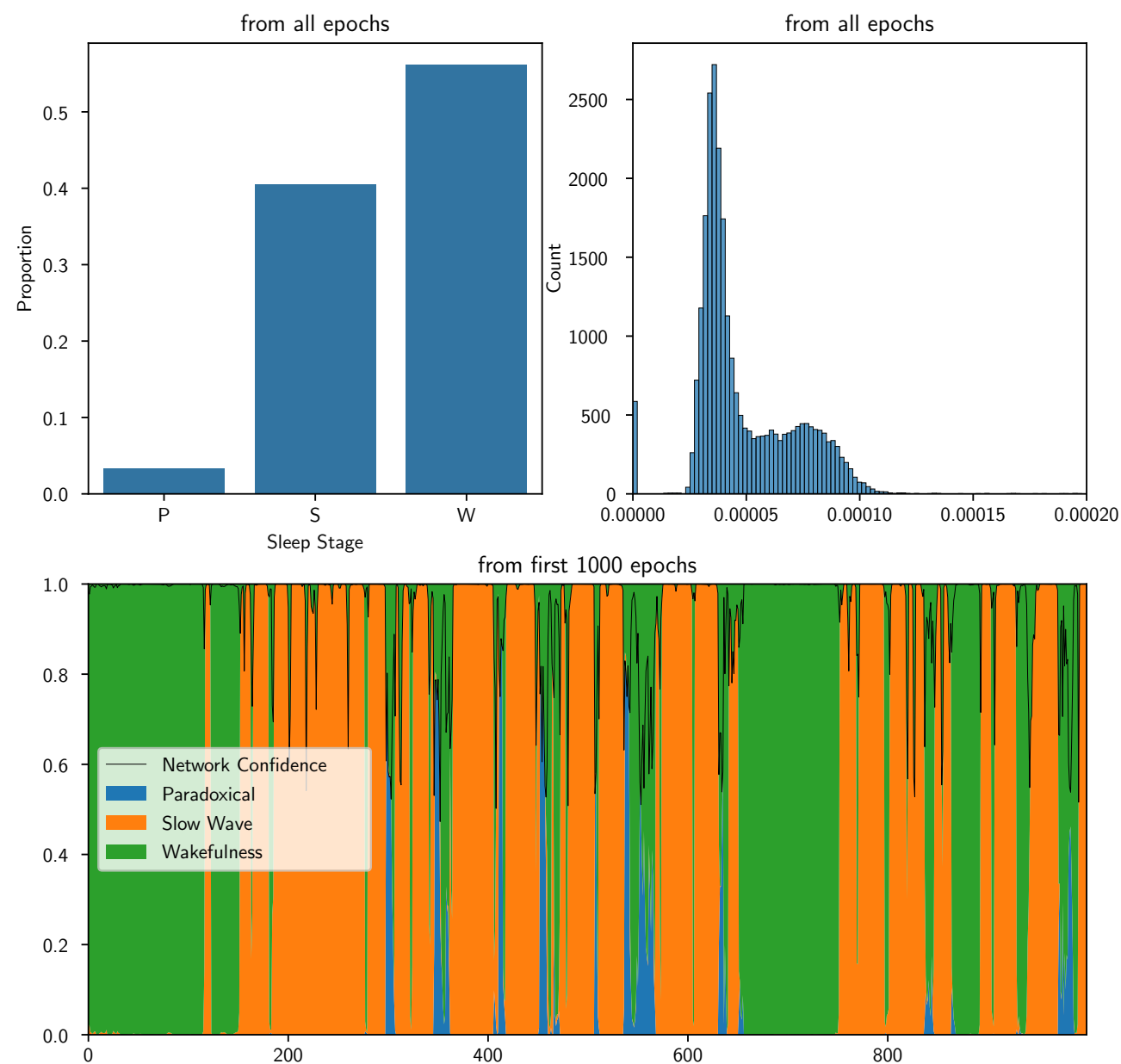
Length (epochs): 25547.000
Length (hours): 70.964
Average Network Confidence: 0.909
Paradoxical Proportion: 0.026
Slow-Wave Proportion: 0.400
Wakefulness Proportion: 0.573

data/24-Jun PD49 24-Jun-B1



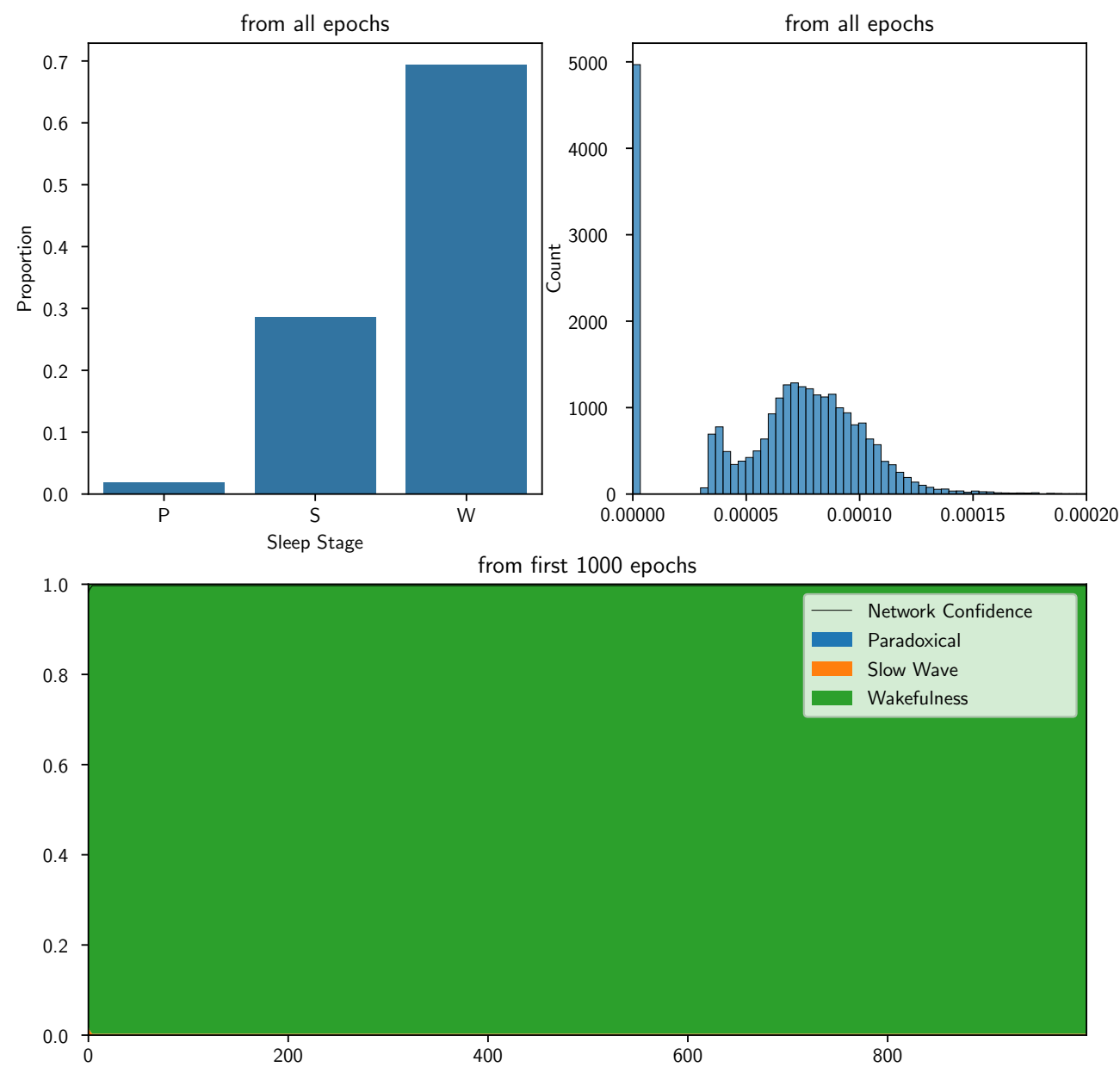
Length (epochs): 25547.000
Length (hours): 70.964
Average Network Confidence: 0.936
Paradoxical Proportion: 0.029
Slow-Wave Proportion: 0.404
Wakefulness Proportion: 0.566

data/24-Jun PD28 24-Jun-D2



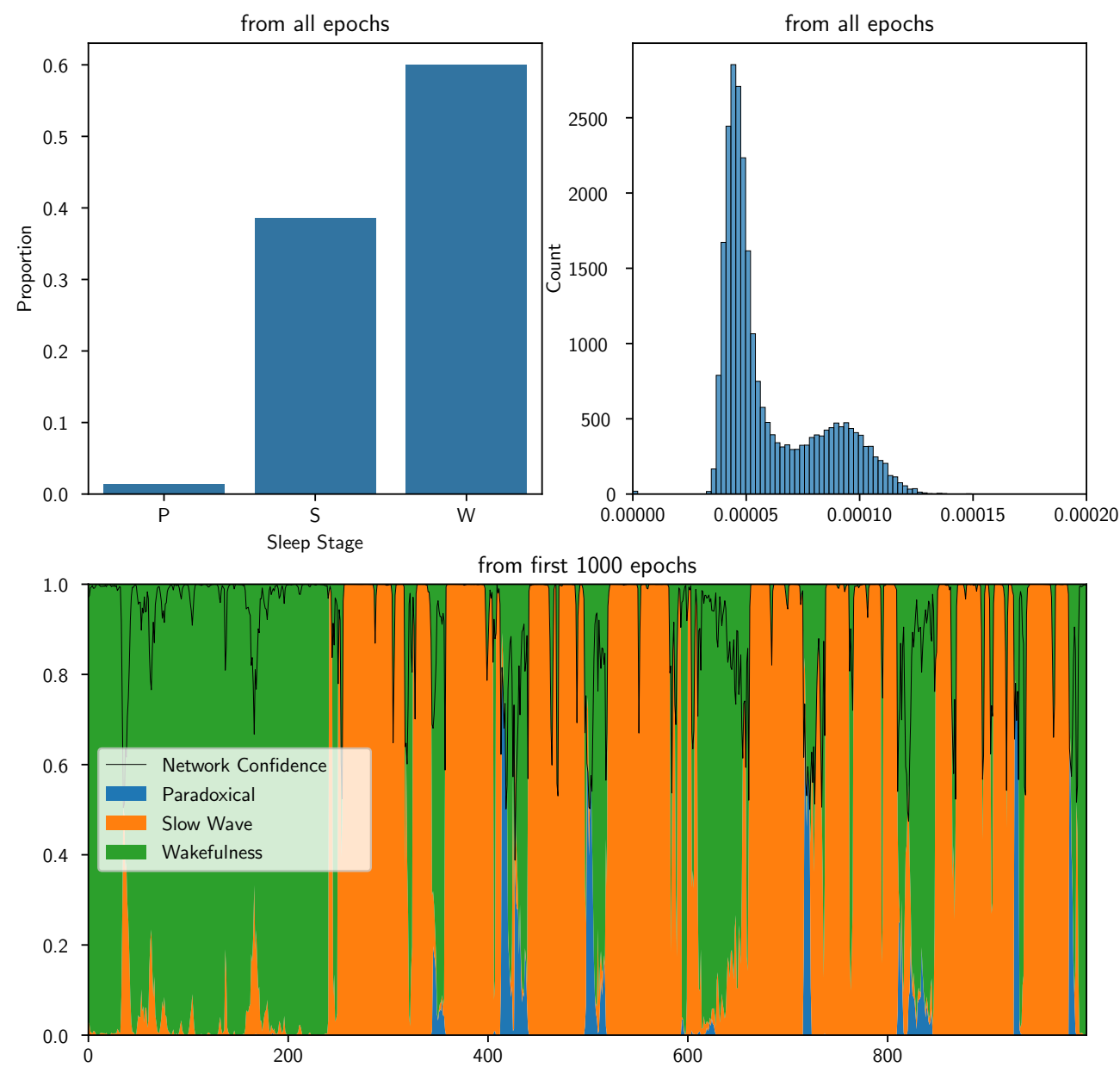
Length (epochs): 26450.000
Length (hours): 73.472
Average Network Confidence: 0.949
Paradoxical Proportion: 0.033
Slow-Wave Proportion: 0.405
Wakefulness Proportion: 0.562

data/24-Jun PD28 24-Jun-A1



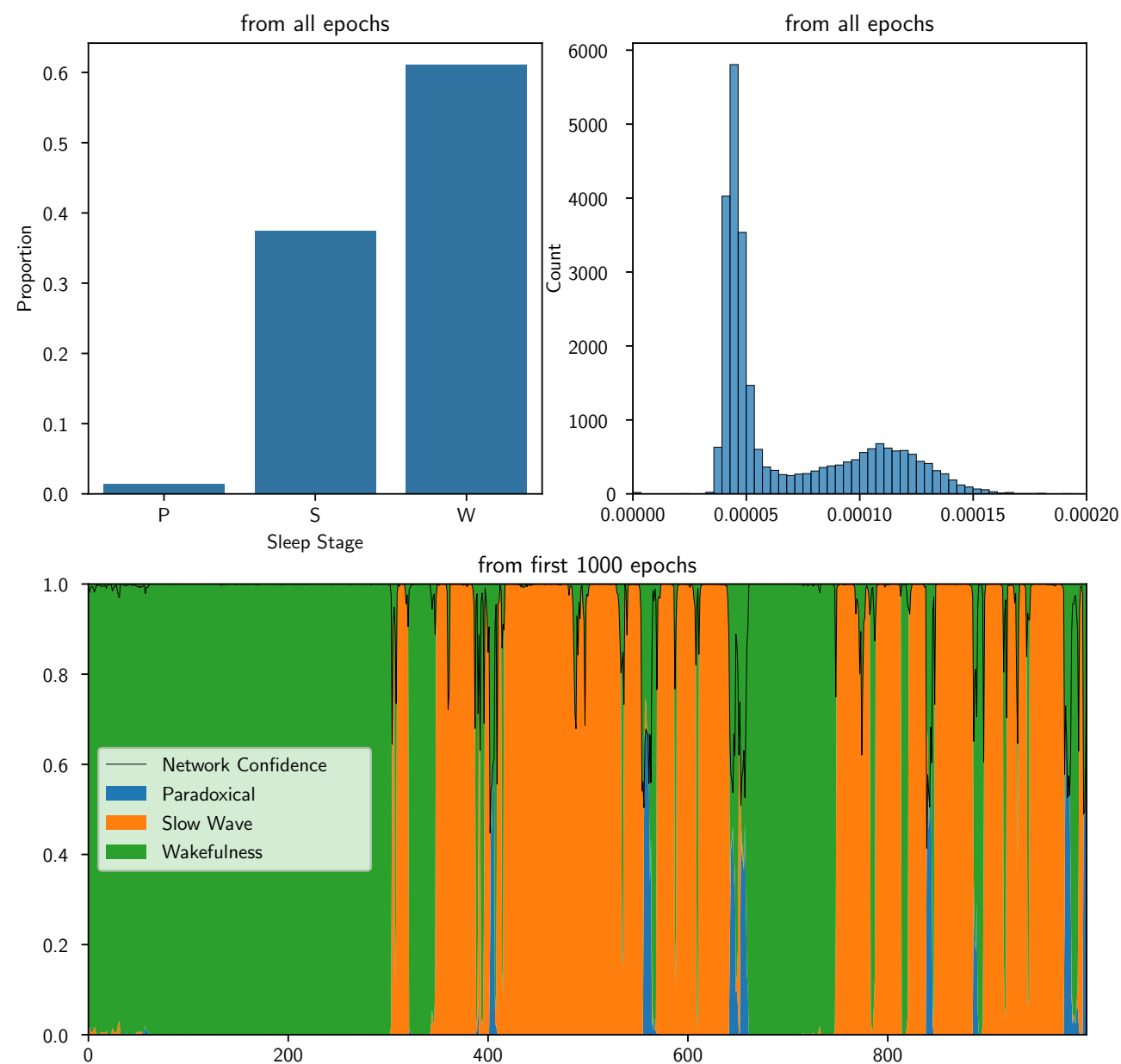
Length (epochs): 26450.000
Length (hours): 73.472
Average Network Confidence: 0.997
Paradoxical Proportion: 0.019
Slow-Wave Proportion: 0.287
Wakefulness Proportion: 0.694

data/24-Jun PD28 24-Jun-D1



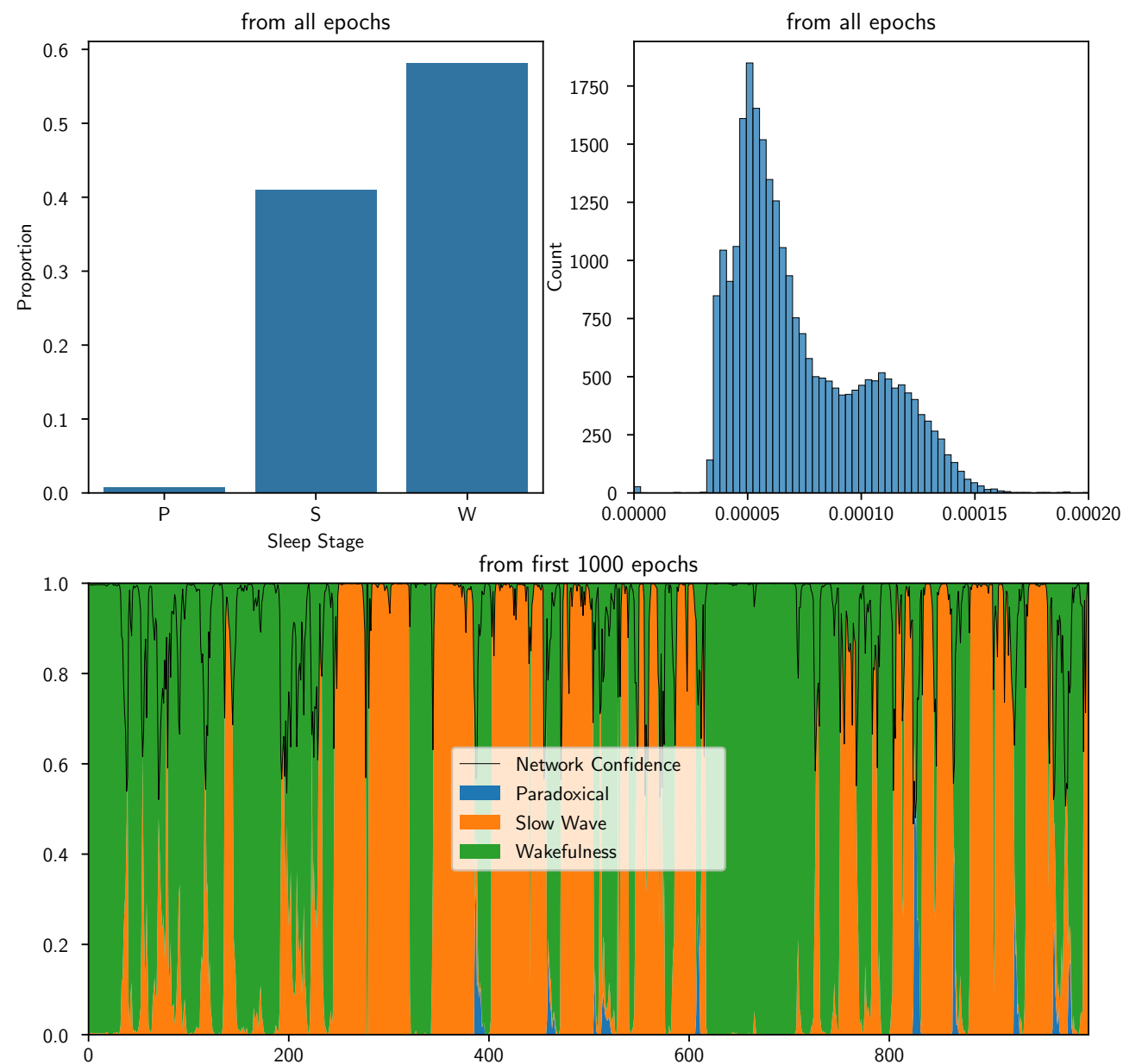
Length (epochs): 26450.000
Length (hours): 73.472
Average Network Confidence: 0.928
Paradoxical Proportion: 0.014
Slow-Wave Proportion: 0.386
Wakefulness Proportion: 0.600

data/24-Jun PD28 24-Jun-A2



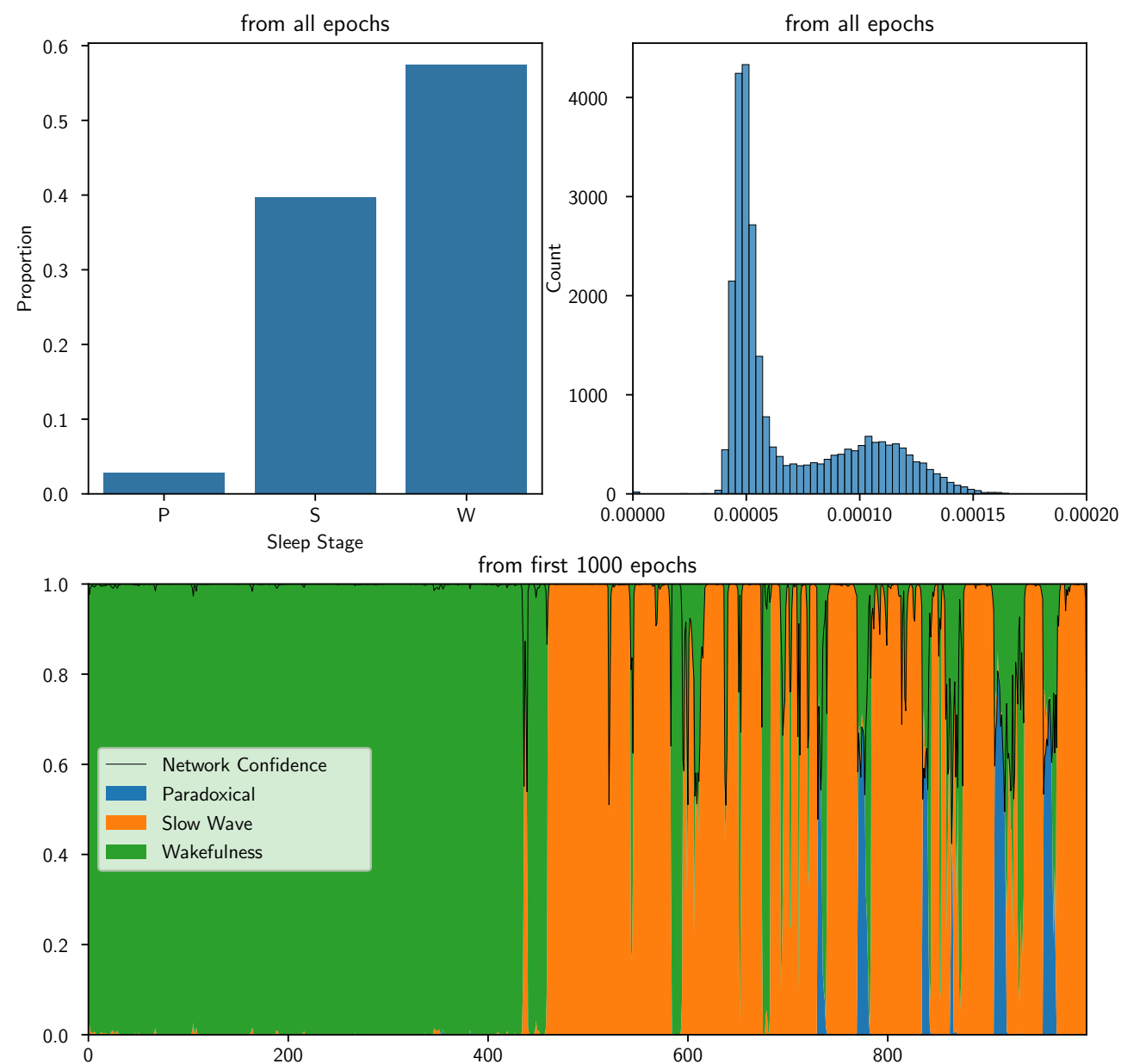
Length (epochs): 26450.000
Length (hours): 73.472
Average Network Confidence: 0.963
Paradoxical Proportion: 0.014
Slow-Wave Proportion: 0.375
Wakefulness Proportion: 0.611

data/24-Jun PD28 24-Jun-B2



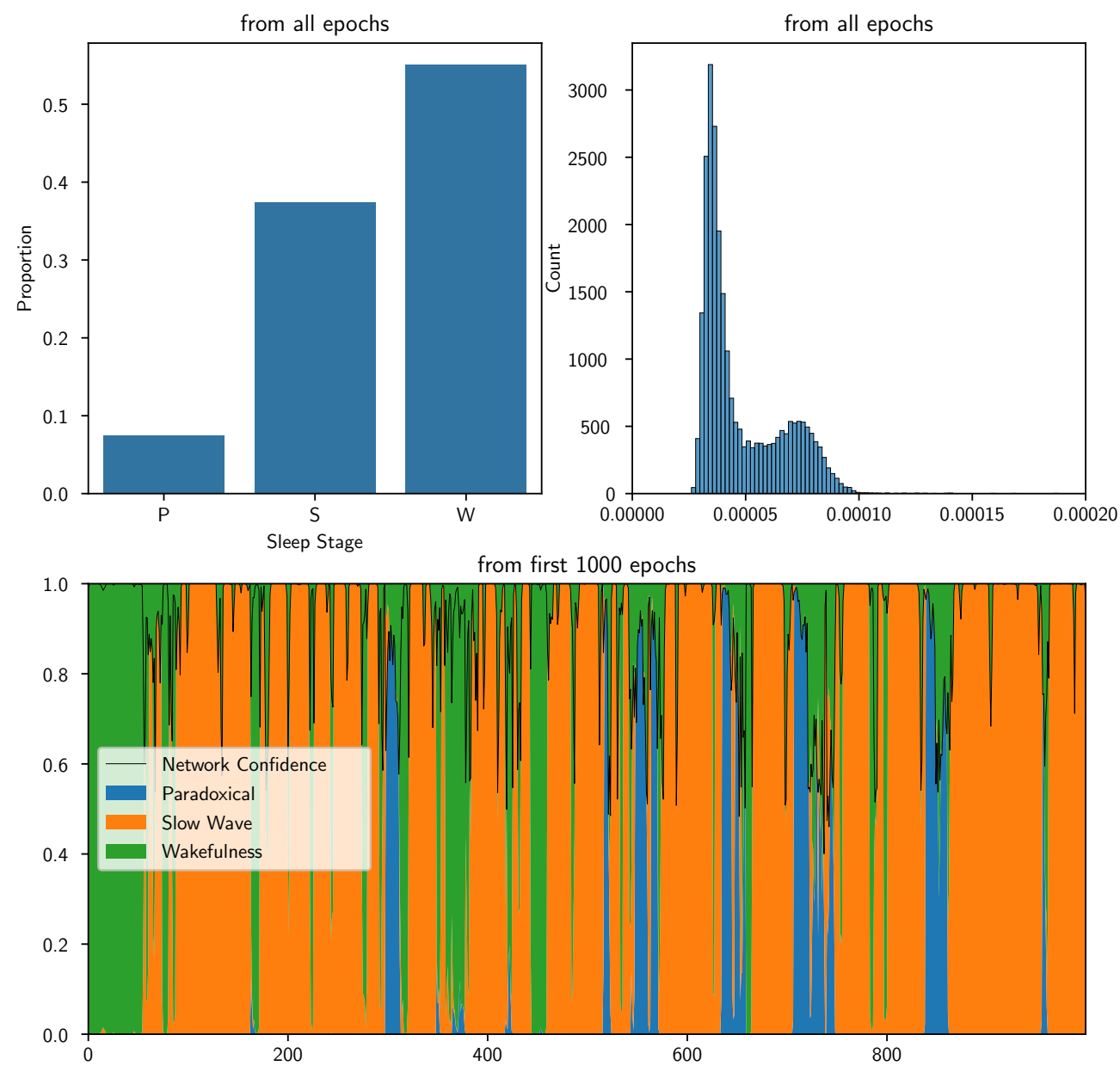
Length (epochs): 26450.000
Length (hours): 73.472
Average Network Confidence: 0.924
Paradoxical Proportion: 0.008
Slow-Wave Proportion: 0.410
Wakefulness Proportion: 0.582

data/24-Jun PD28 24-Jun-B1



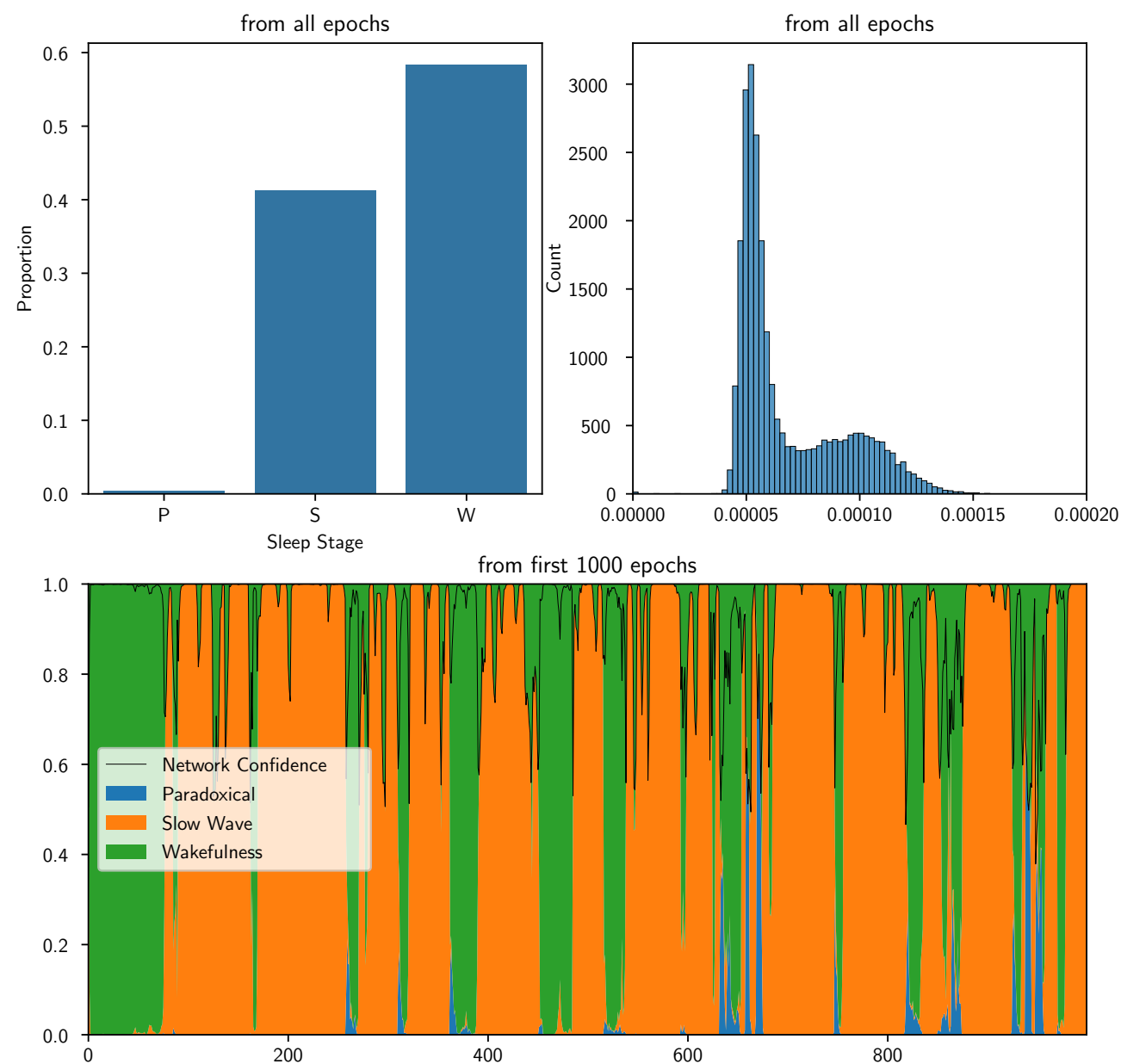
Length (epochs): 26450.000
Length (hours): 73.472
Average Network Confidence: 0.951
Paradoxical Proportion: 0.029
Slow-Wave Proportion: 0.397
Wakefulness Proportion: 0.575

data/24-Jun PD56 24-Jun-D2



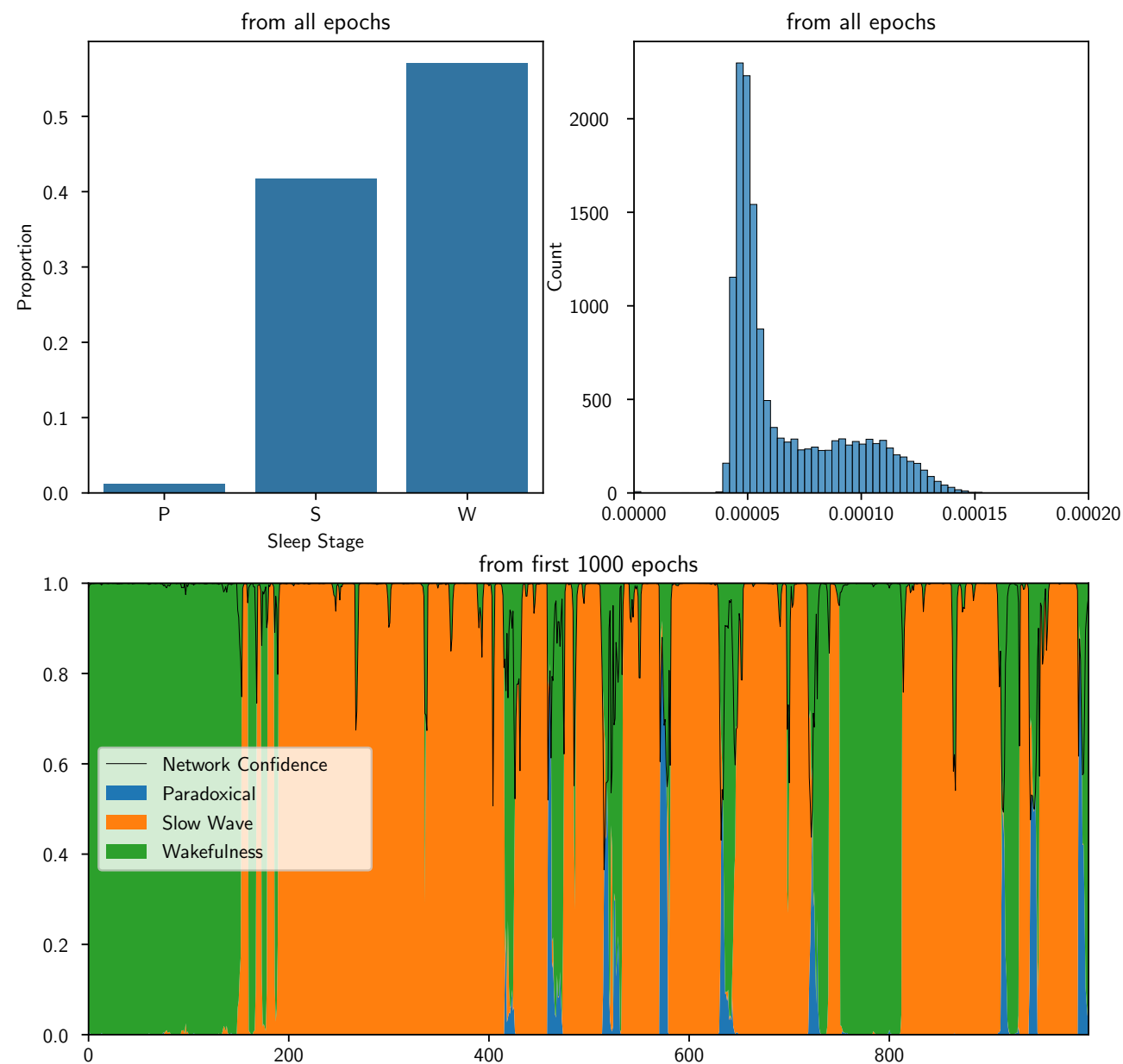
Length (epochs): 25507.000
Length (hours): 70.853
Average Network Confidence: 0.924
Paradoxical Proportion: 0.075
Slow-Wave Proportion: 0.375
Wakefulness Proportion: 0.551

data/24-Jun PD56 24-Jun-D1



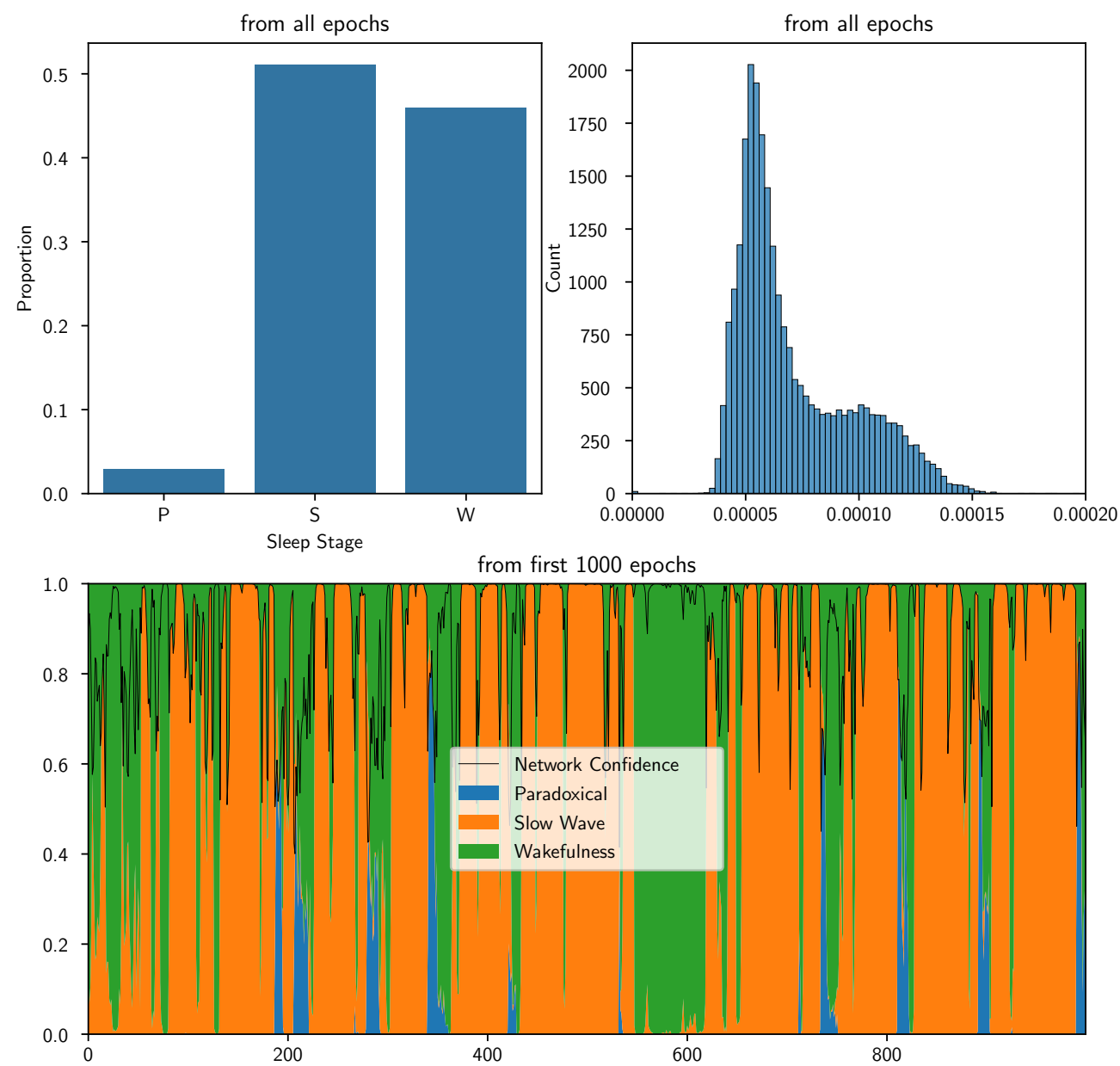
Length (epochs): 25507.000
Length (hours): 70.853
Average Network Confidence: 0.922
Paradoxical Proportion: 0.004
Slow-Wave Proportion: 0.413
Wakefulness Proportion: 0.584

data/24-Jun PD56 24-Jun-A2



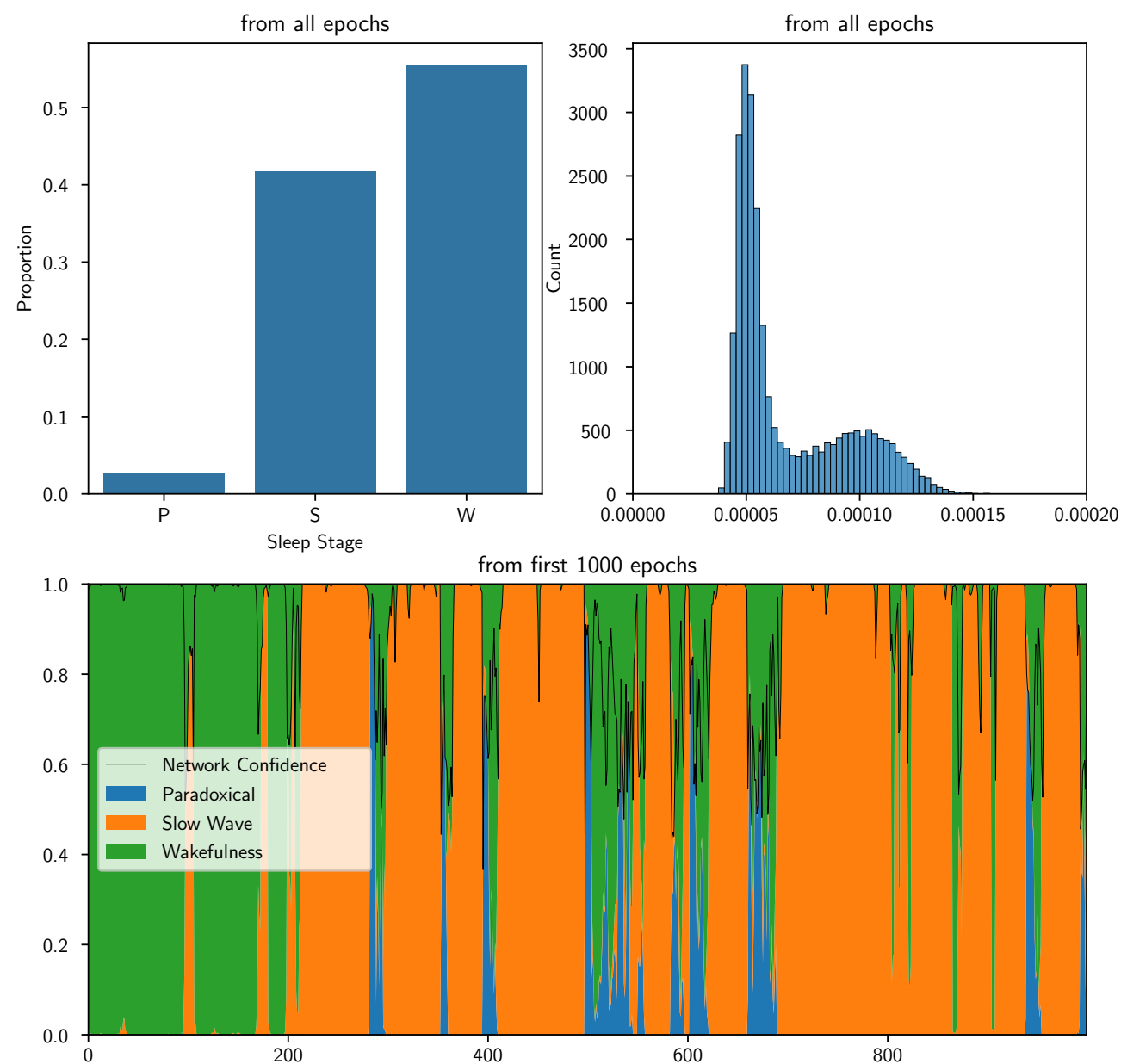
Length (epochs): 14667.000
Length (hours): 40.742
Average Network Confidence: 0.951
Paradoxical Proportion: 0.012
Slow-Wave Proportion: 0.418
Wakefulness Proportion: 0.571

data/24-Jun PD56 24-Jun-B2



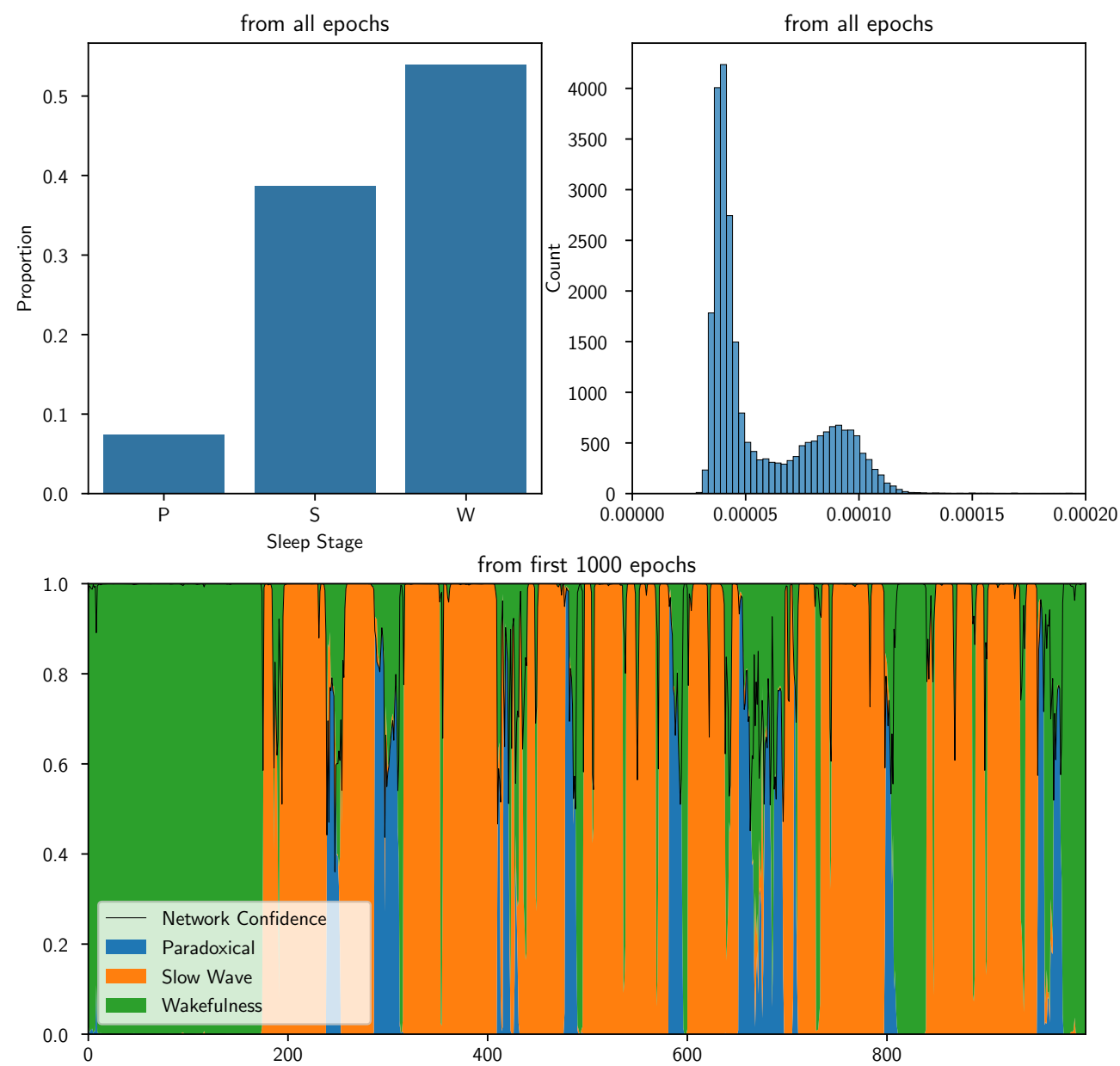
Length (epochs): 25507.000
Length (hours): 70.853
Average Network Confidence: 0.899
Paradoxical Proportion: 0.029
Slow-Wave Proportion: 0.511
Wakefulness Proportion: 0.459

data/24-Jun PD56 24-Jun-B1



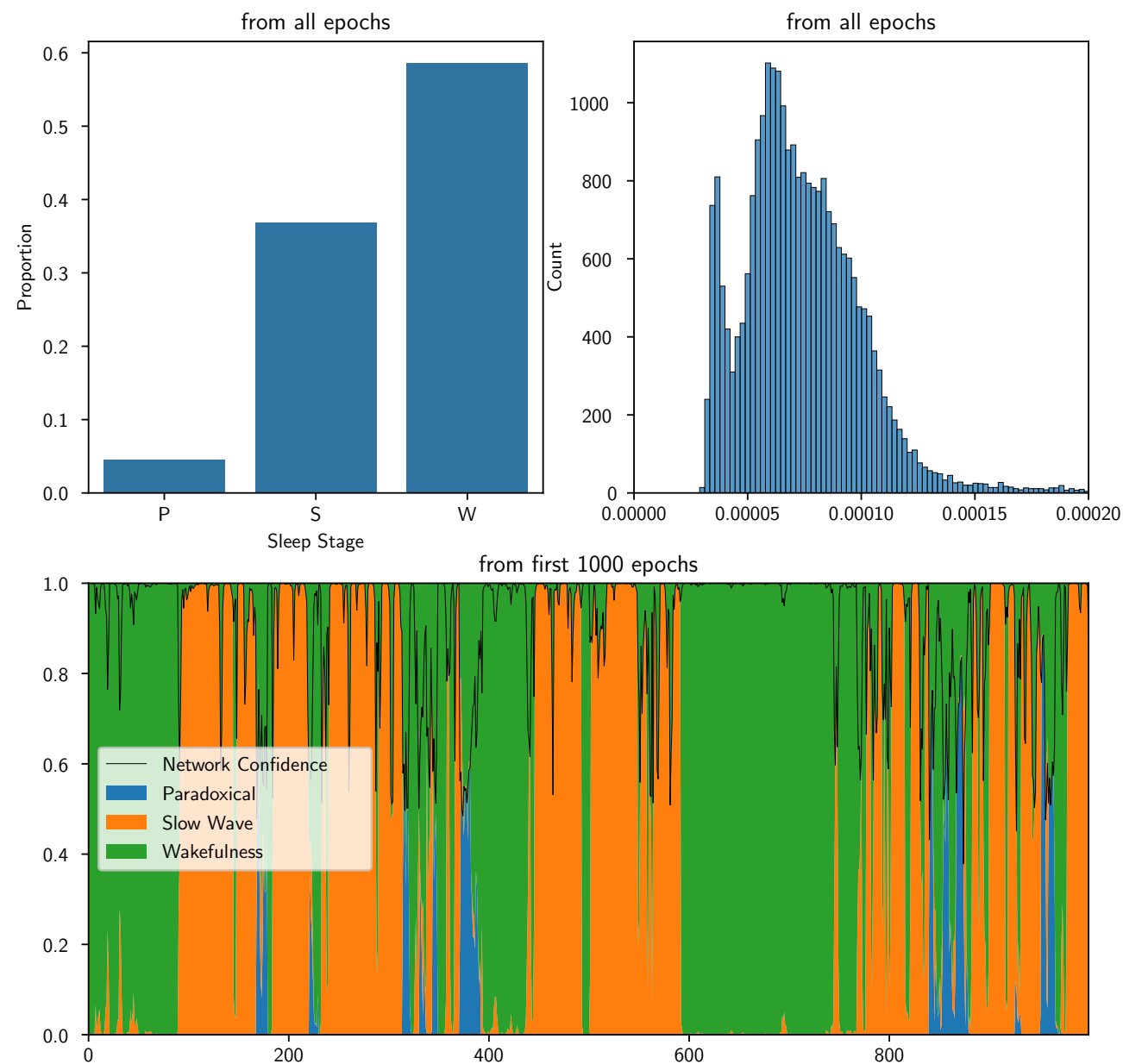
Length (epochs): 25507.000
Length (hours): 70.853
Average Network Confidence: 0.922
Paradoxical Proportion: 0.027
Slow-Wave Proportion: 0.418
Wakefulness Proportion: 0.556

data/24-Jun PD35 24-Jun-D2



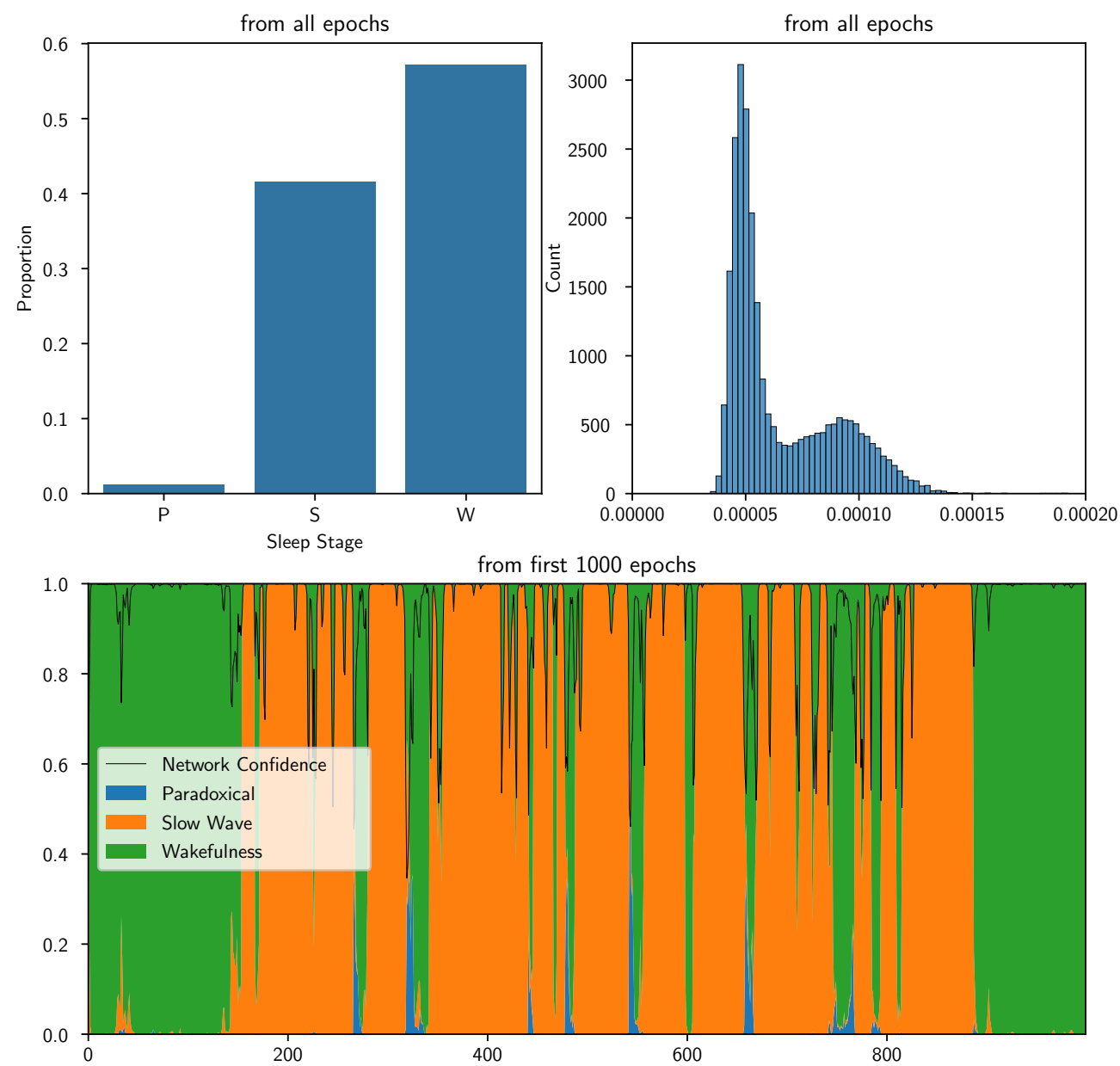
Length (epochs): 25892.000
Length (hours): 71.922
Average Network Confidence: 0.931
Paradoxical Proportion: 0.074
Slow-Wave Proportion: 0.386
Wakefulness Proportion: 0.540

data/24-Jun PD35 24-Jun-A1



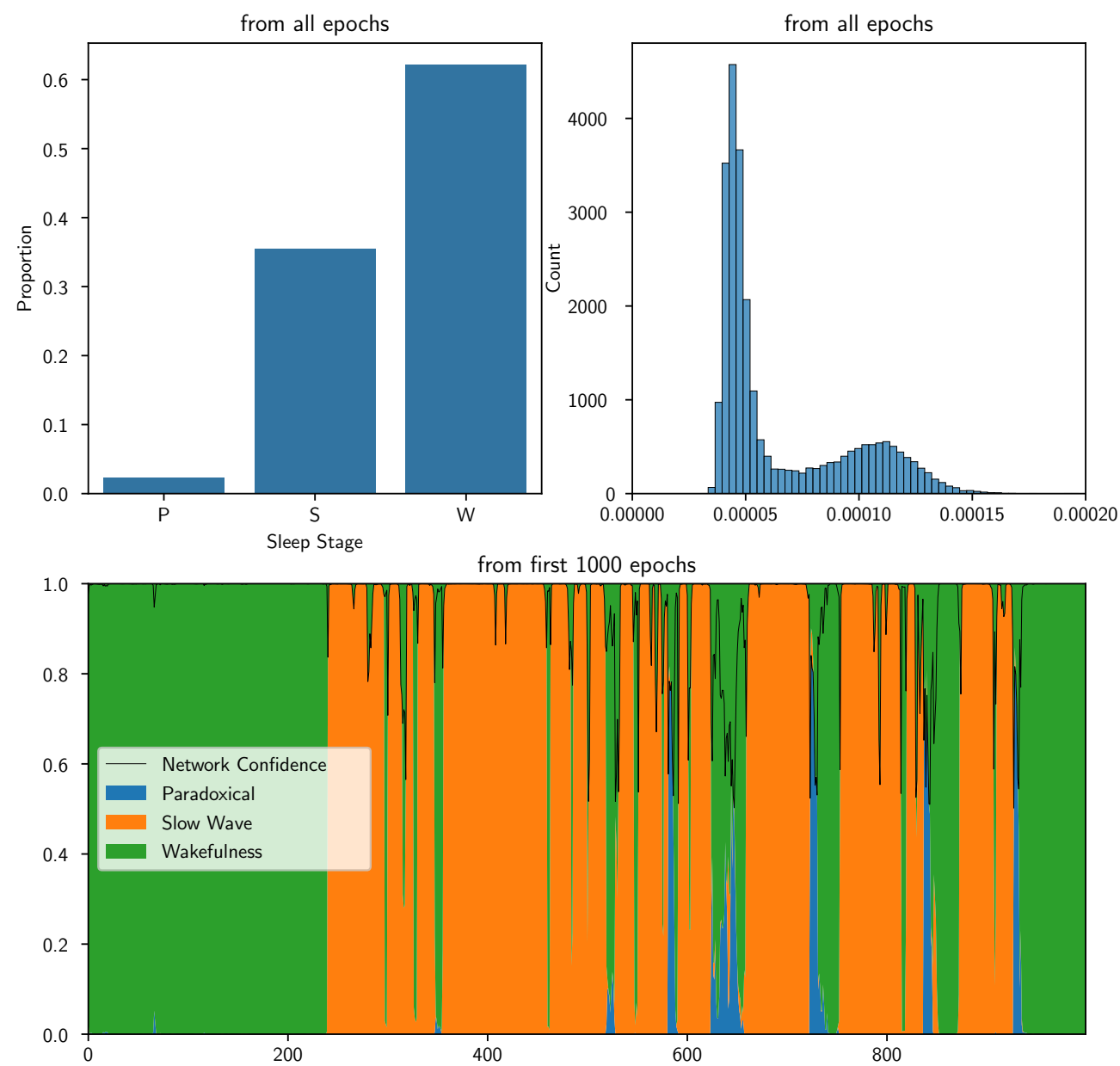
Length (epochs): 25892.000
Length (hours): 71.922
Average Network Confidence: 0.911
Paradoxical Proportion: 0.045
Slow-Wave Proportion: 0.368
Wakefulness Proportion: 0.586

data/24-Jun PD35 24-Jun-D1



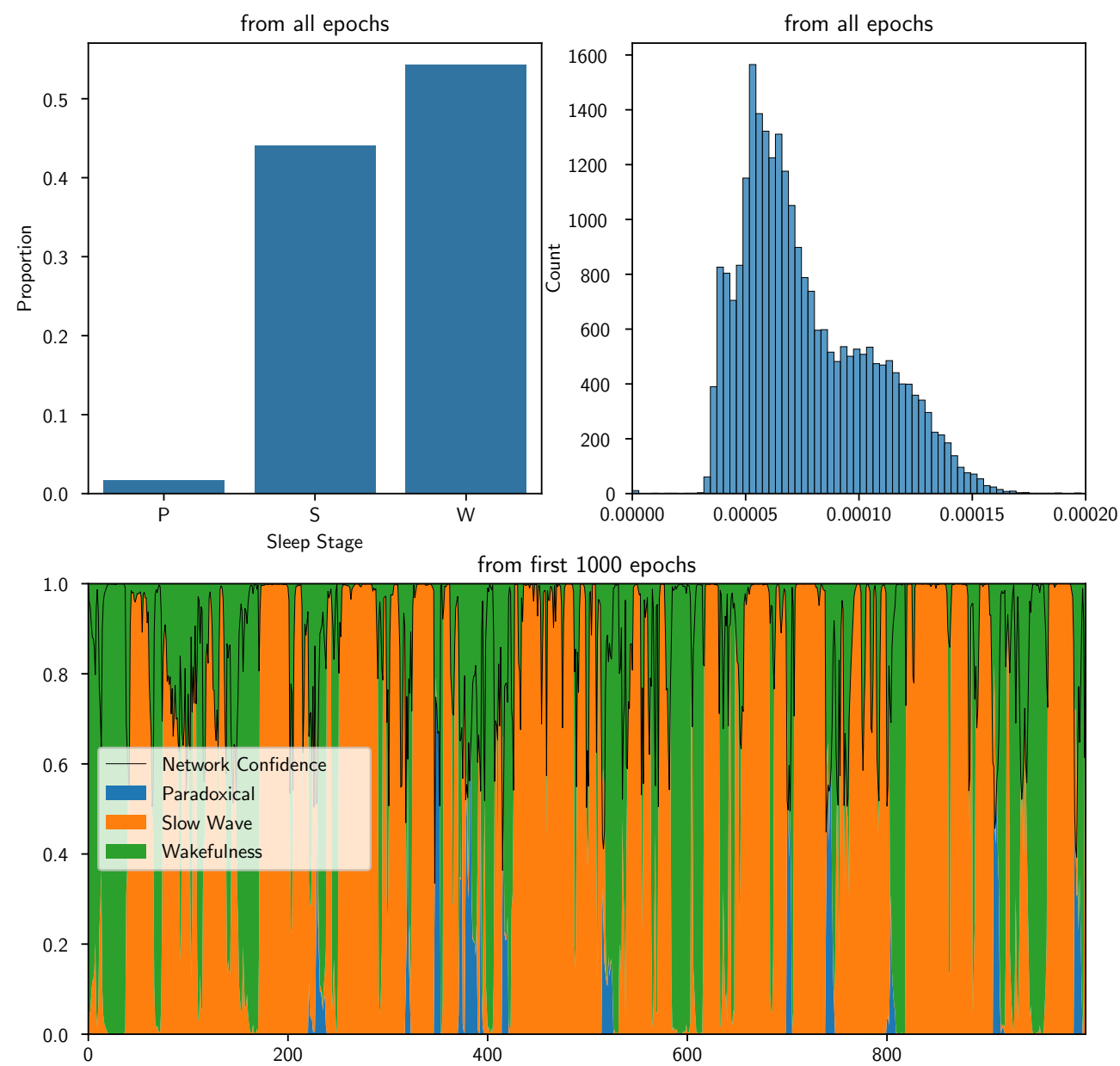
Length (epochs): 25892.000
Length (hours): 71.922
Average Network Confidence: 0.944
Paradoxical Proportion: 0.012
Slow-Wave Proportion: 0.416
Wakefulness Proportion: 0.572

data/24-Jun PD35 24-Jun-A2



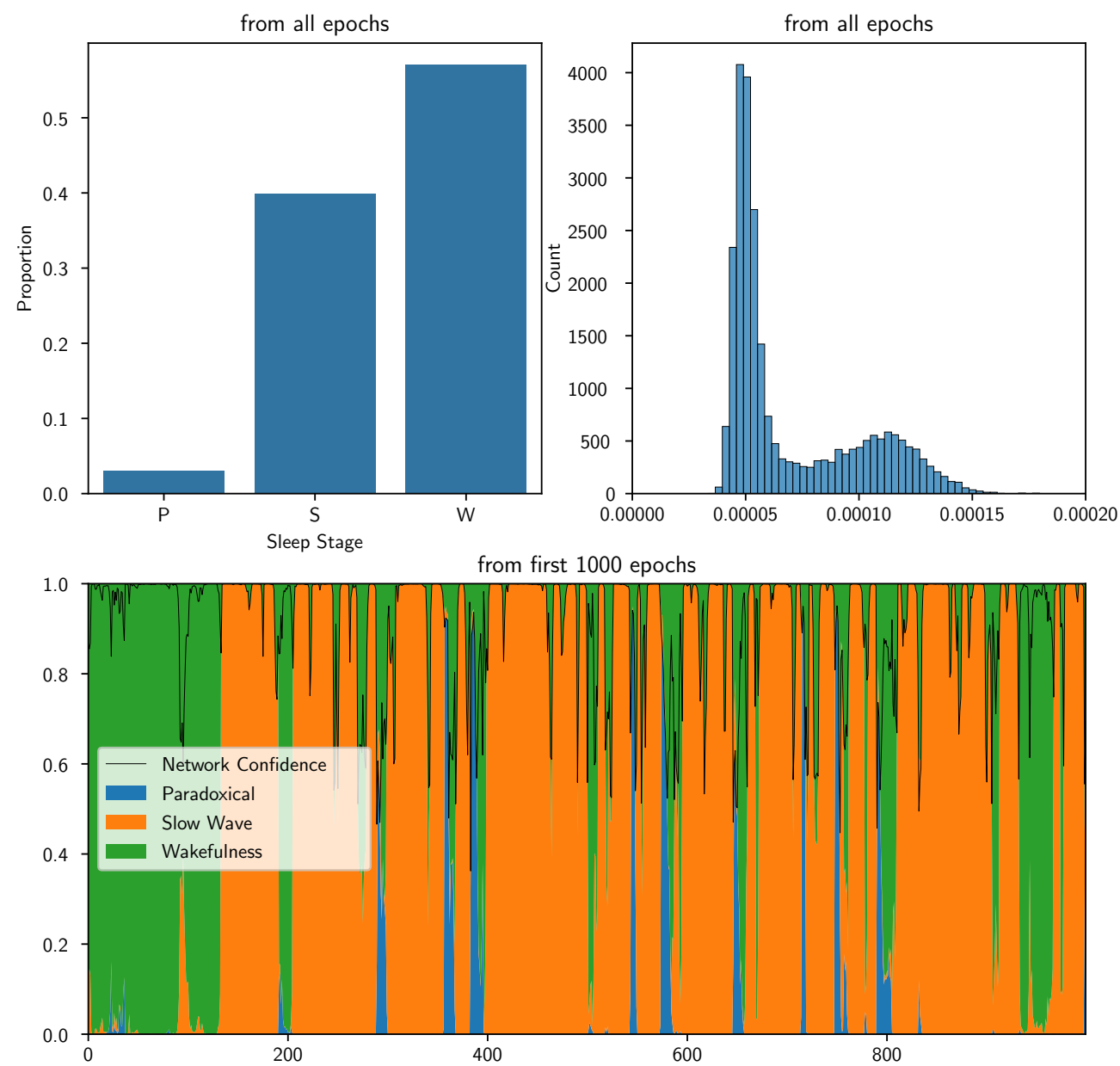
Length (epochs): 25892.000
Length (hours): 71.922
Average Network Confidence: 0.958
Paradoxical Proportion: 0.023
Slow-Wave Proportion: 0.355
Wakefulness Proportion: 0.622

data/24-Jun PD35 24-Jun-B2



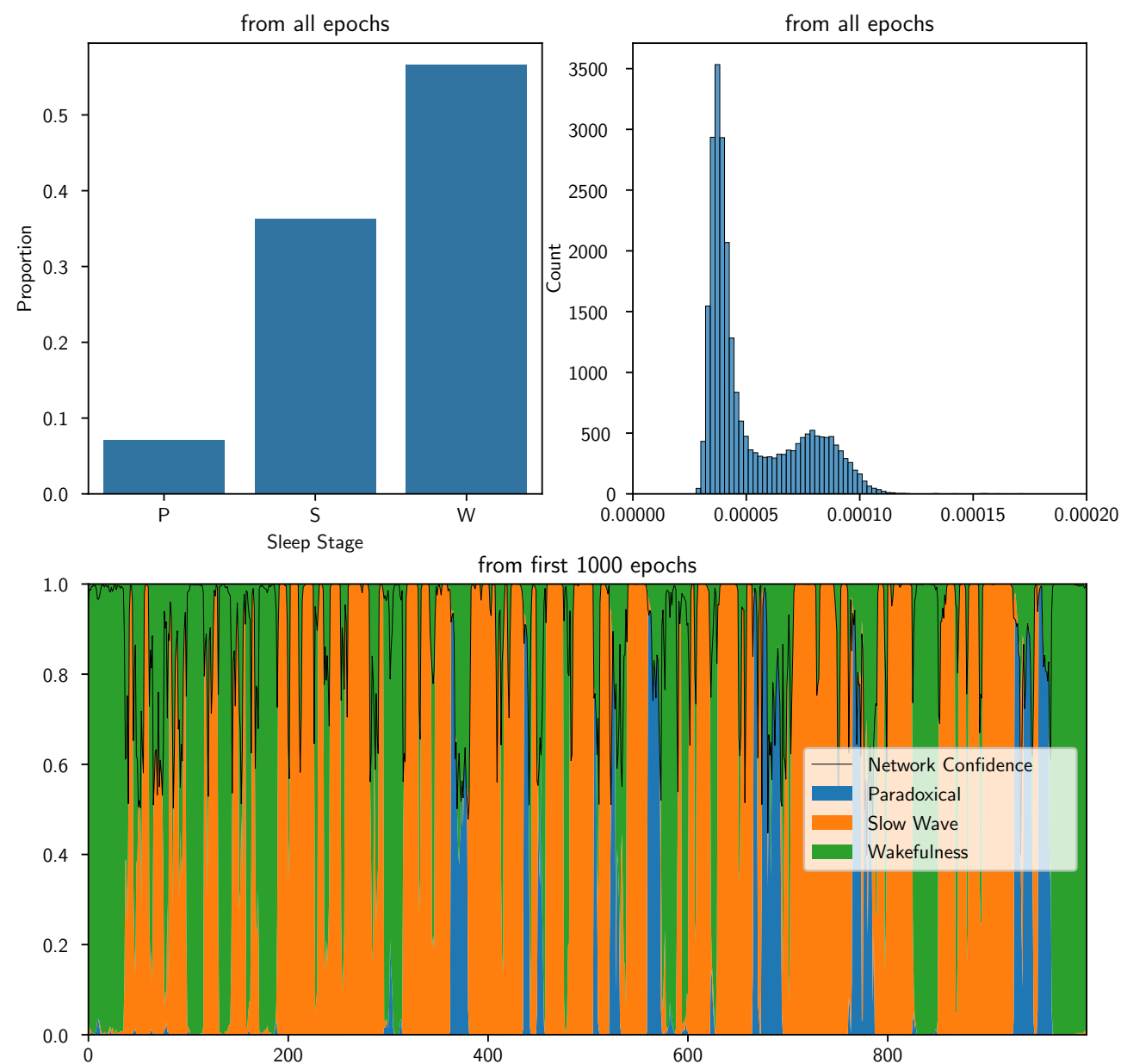
Length (epochs): 25892.000
Length (hours): 71.922
Average Network Confidence: 0.883
Paradoxical Proportion: 0.017
Slow-Wave Proportion: 0.440
Wakefulness Proportion: 0.543

data/24-Jun PD35 24-Jun-B1



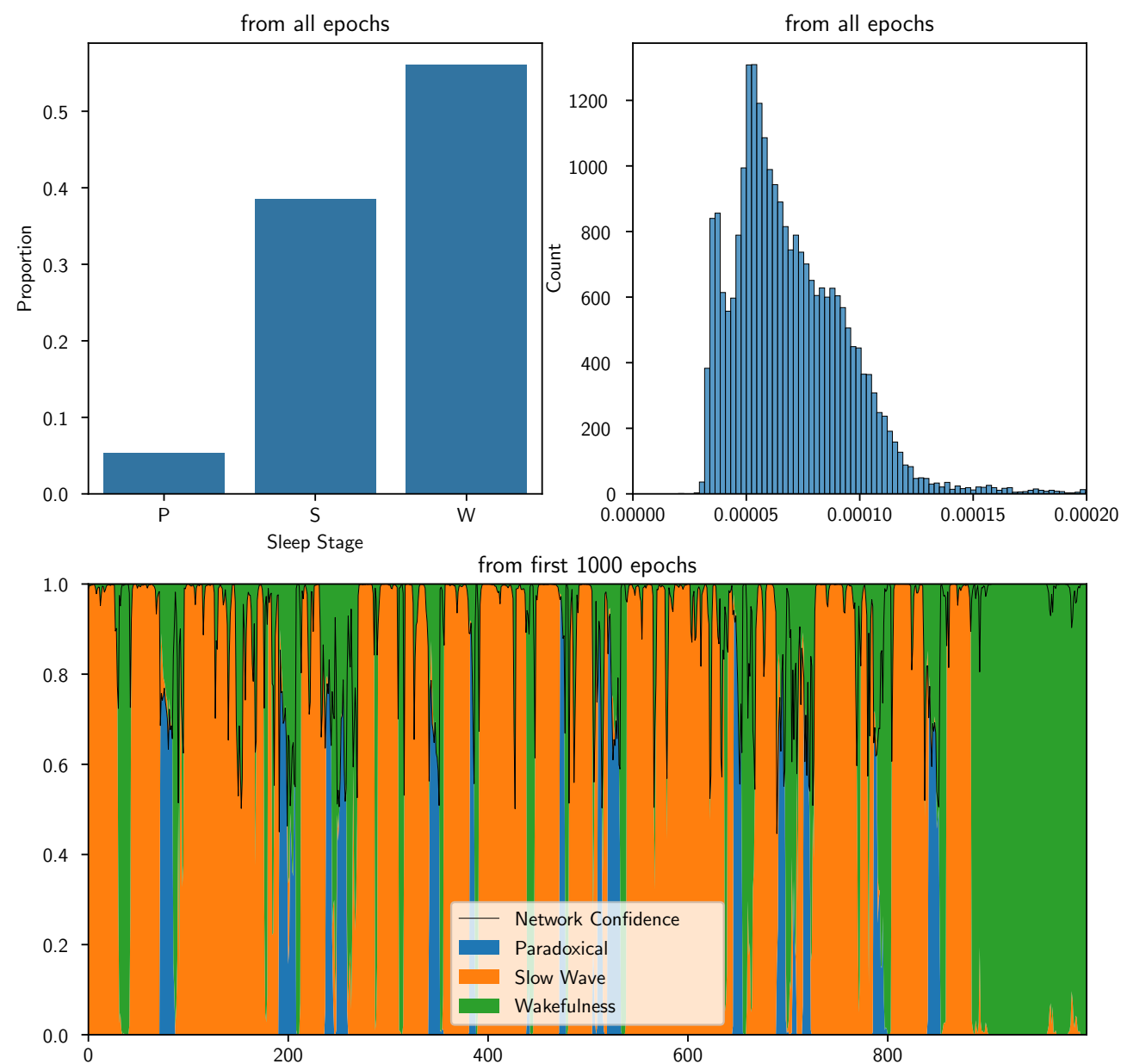
Length (epochs): 25892.000
Length (hours): 71.922
Average Network Confidence: 0.919
Paradoxical Proportion: 0.030
Slow-Wave Proportion: 0.399
Wakefulness Proportion: 0.571

data/24-Jun PD42 24-Jun-D2



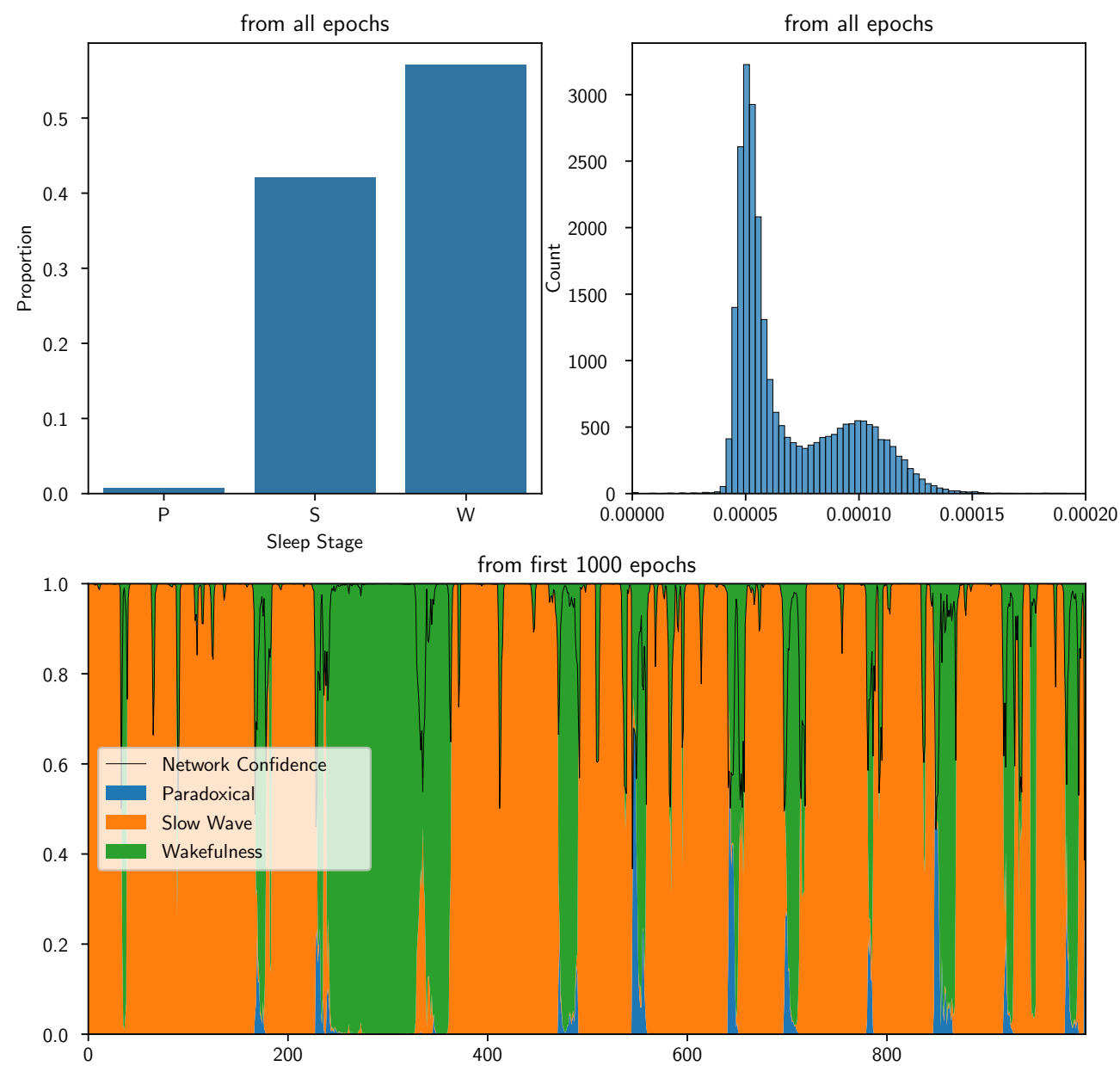
Length (epochs): 25748.000
Length (hours): 71.522
Average Network Confidence: 0.903
Paradoxical Proportion: 0.071
Slow-Wave Proportion: 0.362
Wakefulness Proportion: 0.566

data/24-Jun PD42 24-Jun-A1



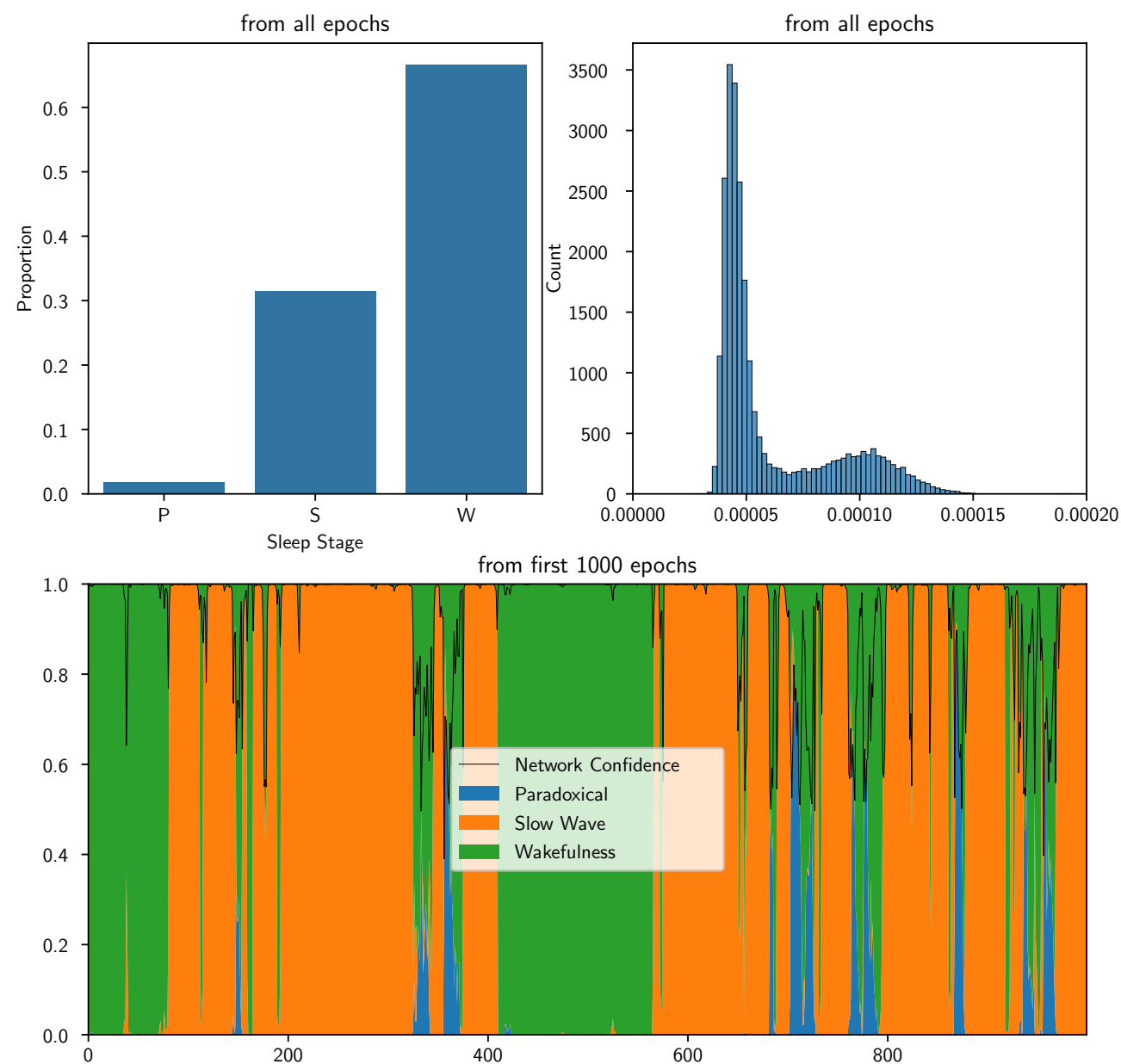
Length (epochs): 25748.000
Length (hours): 71.522
Average Network Confidence: 0.910
Paradoxical Proportion: 0.054
Slow-Wave Proportion: 0.385
Wakefulness Proportion: 0.561

data/24-Jun PD42 24-Jun-D1



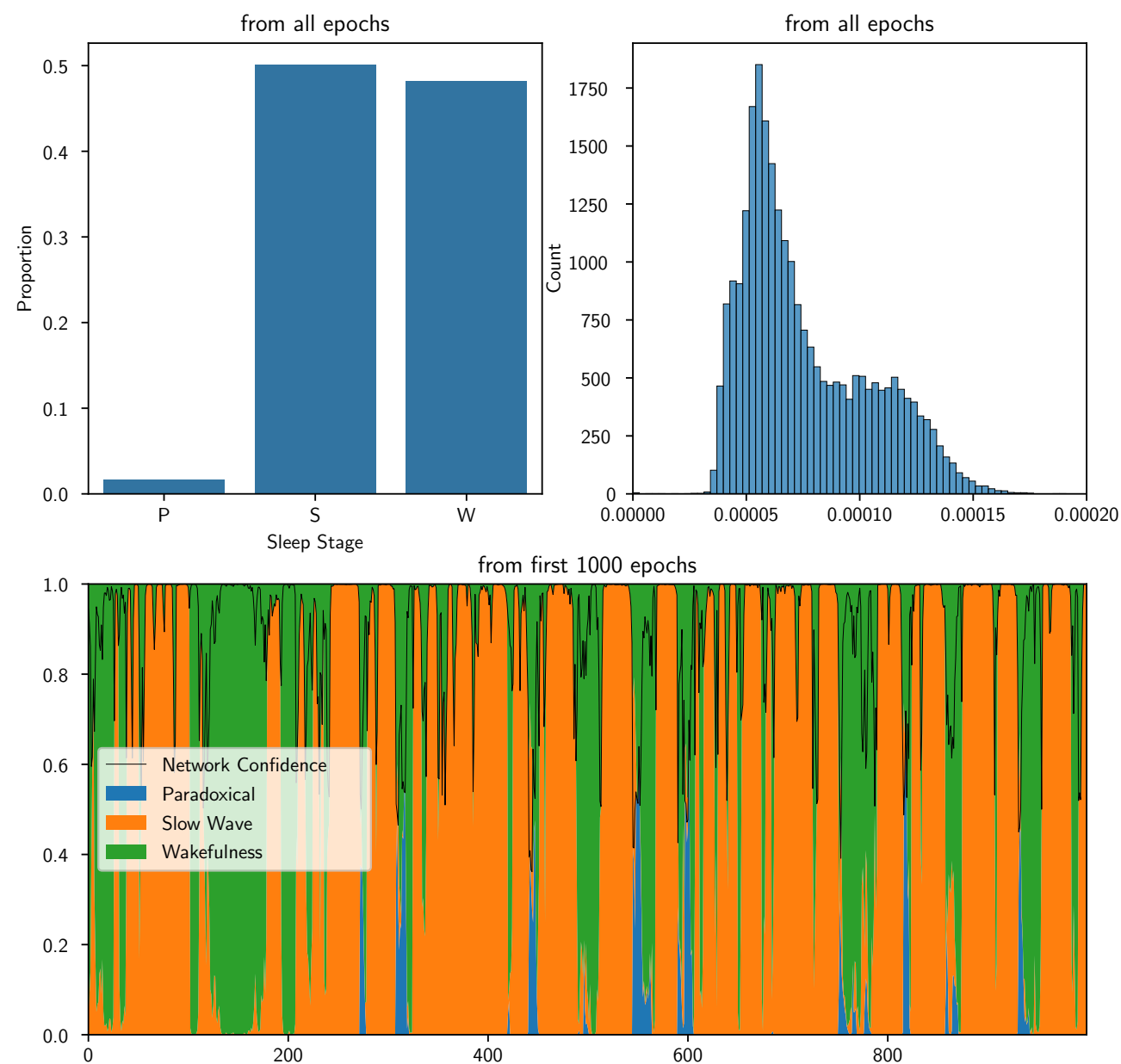
Length (epochs): 25748.000
Length (hours): 71.522
Average Network Confidence: 0.938
Paradoxical Proportion: 0.008
Slow-Wave Proportion: 0.421
Wakefulness Proportion: 0.571

data/24-Jun PD42 24-Jun-A2



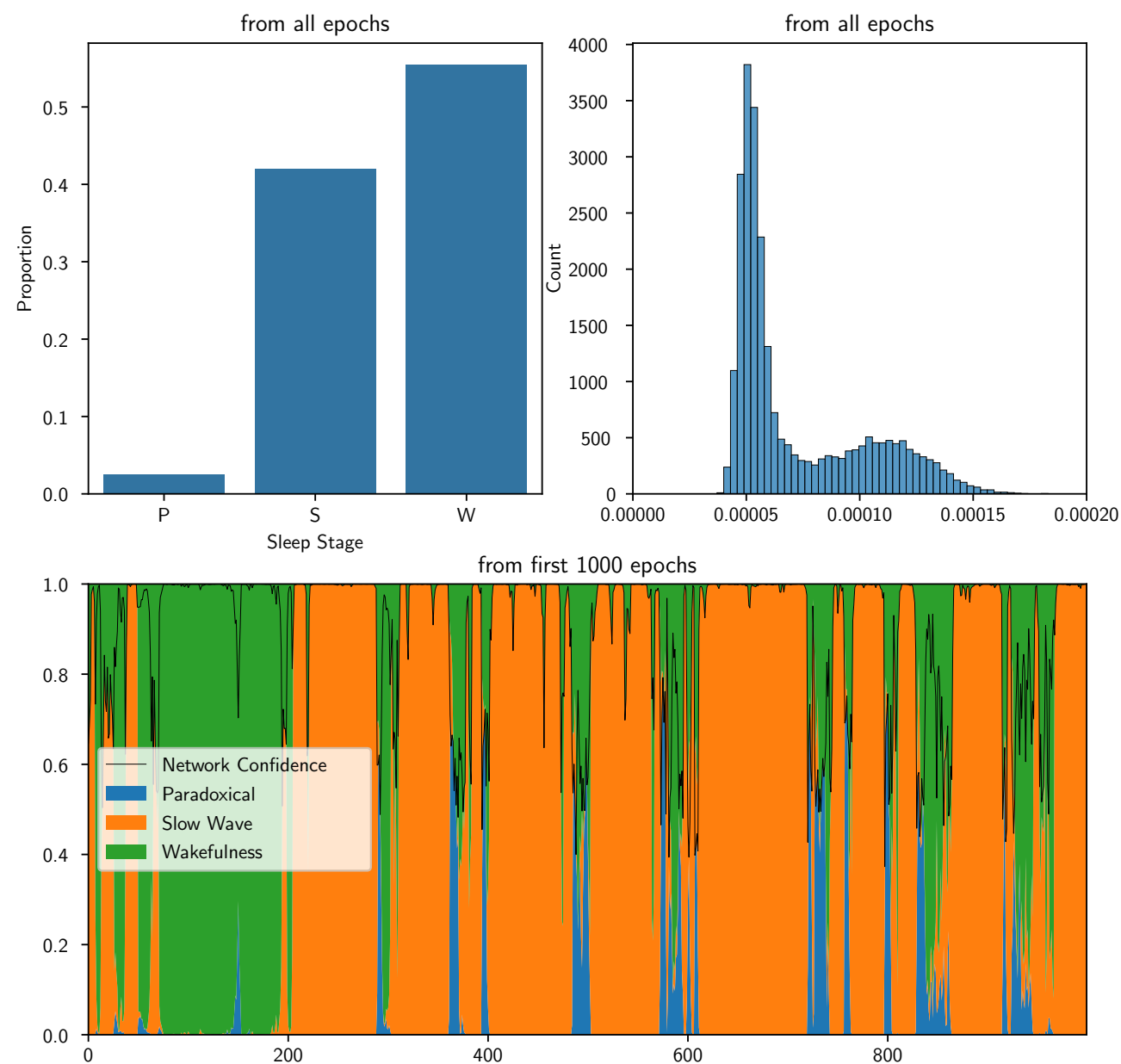
Length (epochs): 25748.000
Length (hours): 71.522
Average Network Confidence: 0.940
Paradoxical Proportion: 0.018
Slow-Wave Proportion: 0.315
Wakefulness Proportion: 0.666

data/24-Jun PD42 24-Jun-B2



Length (epochs): 25748.000
Length (hours): 71.522
Average Network Confidence: 0.905
Paradoxical Proportion: 0.017
Slow-Wave Proportion: 0.501
Wakefulness Proportion: 0.482

data/24-Jun PD42 24-Jun-B1



Length (epochs): 25748.000
Length (hours): 71.522
Average Network Confidence: 0.898
Paradoxical Proportion: 0.025
Slow-Wave Proportion: 0.420
Wakefulness Proportion: 0.555

Thank you for allowing us to analyze your sleep patterns. For any questions or further discussion, please do not hesitate to contact us.