







# Sleep Report

	Recent	Long-term	Graph
Date began	2022-12-18	2022-12-18	
Total Sleep Time	9:29 ± 1:24	9:29 ± 1:24	
Wake At	4:49 ± 1:41	4:49 ± 1:41	
Asleep At	19:20 ± 2:29	19:20 ± 2:29	
Day Length	27:00 ± 1:00	27:00 ± 1:00	
Sleeps Per Day	1.00 ± 0.00	1.00 ± 0.00	
Medications Per Day	0.00 ± 0.00	0.00 ± 0.00	

Timezone: Australia/Melbourne

The numbers above show mean ± standard deviation, calculated from the digital diary. Sleeps Per Day and Medications Per Day are calculated based on biological days, so a 36-hour day with an 8-hour primary sleep and a 4-hour secondary sleep counts as two sleeps per day.

Total Sleep Time includes naps, but Wake At and Asleep At do not.

The black lines in the graph show the 14-day rolling average.  
The grey dots in the graph show a single event.

We would like to thank the Centre of Sleep and Chronobiology, University of Toronto for the original concept of the Sleep Disorder Patient Chart originated by Moldofsky/MacFarlane © 1990

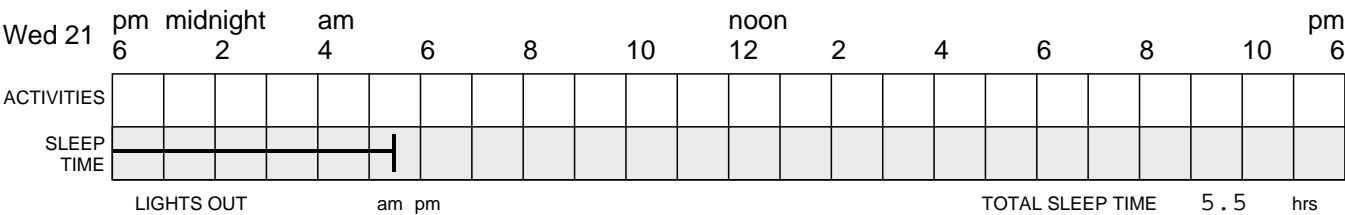
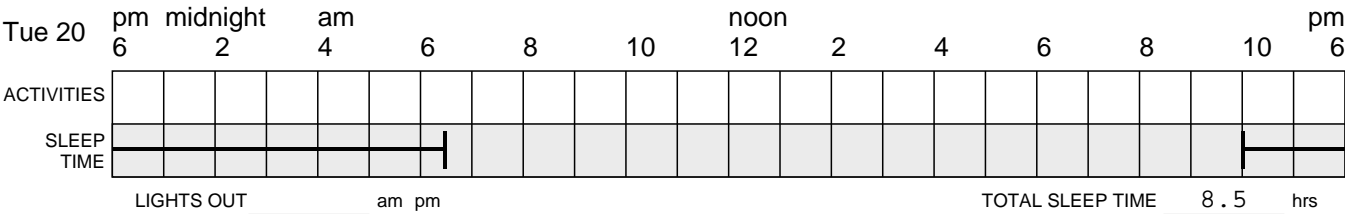
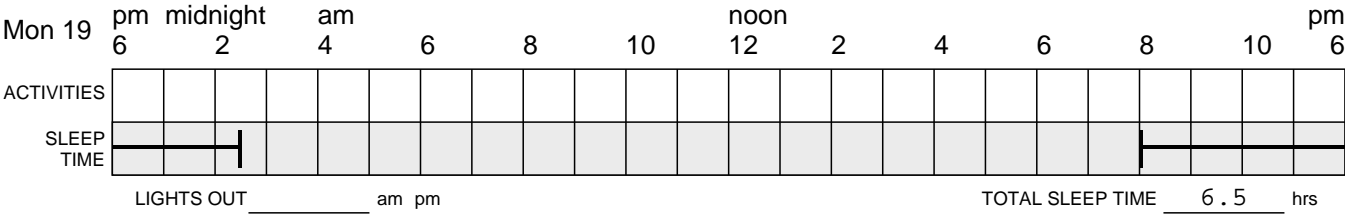
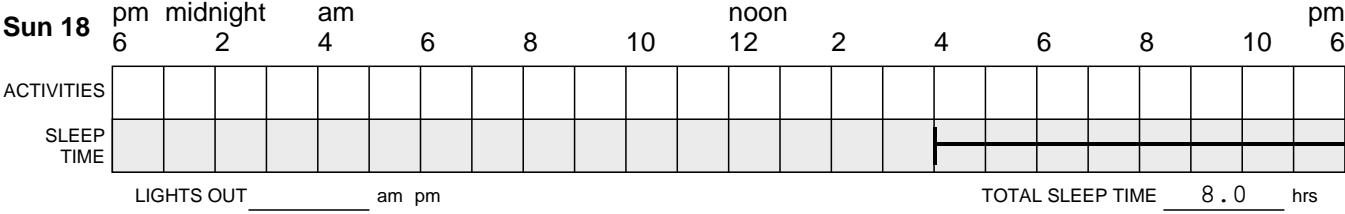
Please send feedback to [sleepdiary.github.io](https://sleepdiary.github.io)

Software version: f2e34e3/88cbff6

Report version: 20210606

# Week 1

Date began: 2022-12-18



6pm

2022-12

6pm

<b>18</b>					
19					
20					
21					