## 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

Software version: f2e34e3/88cbff6

Report version: 20210606

## Week 1

Date began: 2022-12-18 pm midnight 6 noon pm am Sun 18 6 8 10 2 4 6 8 10 12 6 ACTIVITIES SLEEP TIME LIGHTS OUT TOTAL SLEEP TIME 8.0 am pm Mon 19 pm midnight 6 2 am noon pm 10 2 10 6 8 4 8 4 12 6 6 ACTIVITIES SLEEP TIME LIGHTS OUT TOTAL SLEEP TIME 6.5 am pm pm midnight pm am noon Tue 20 6 8 10 12 2 6 8 10 6 **ACTIVITIES** SLEEP TIME 8.5 LIGHTS OUT TOTAL SLEEP TIME am pm pm pm midnight am noon Wed 21 6 8 10 12 2 4 6 8 10 4 6 ACTIVITIES SLEEP TIME LIGHTS OUT TOTAL SLEEP TIME 5.5 am pm

6pm 2022-12 6pm

