Advanced Sleep Report

Participant and Report Period Details

Participant   Sample Report
Data Start Time   02 Oct 25 15:00   **Data End Time**   10 Oct 25 15:00
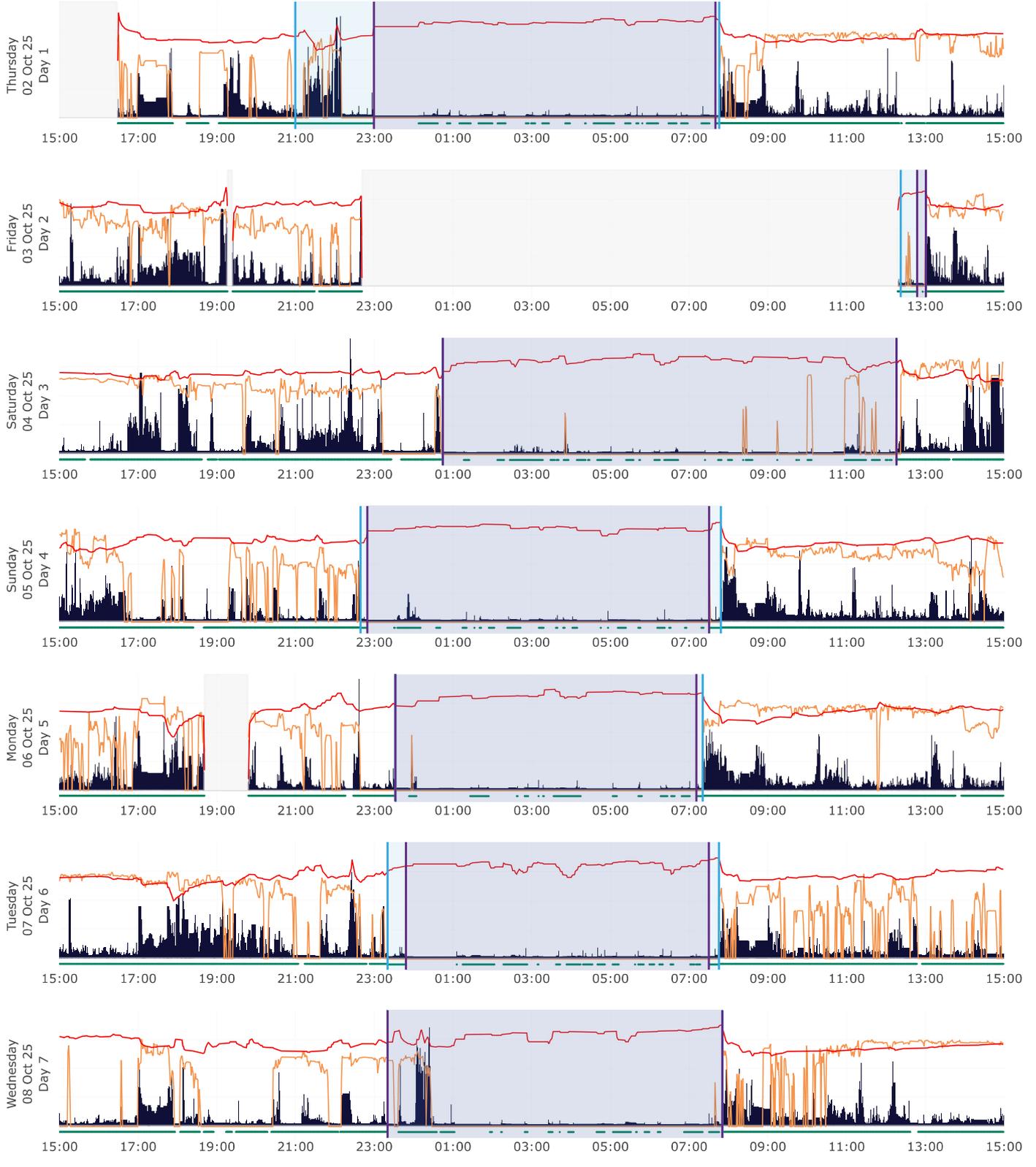
Daily Sleep Statistics

Night of Date	Rest Start Time	Rest End Time	Rest Interval Duration (hh:mm)	Sleep Onset Time	Sleep End Time	Sleep Interval Duration (hh:mm)	Total Sleep Duration (hh:mm)	Sleep Efficiency (%)	Sleep Onset Latency (hh:mm)	WASO Duration (hh:mm)	WASO Count	Total Nap Duration (hh:mm)	Nap Count
02 Oct 25	20:59	07:45	10:46	22:59	07:40	08:40	05:13	48.5%	01:59	03:27	18	00:00	0
03 Oct 25	12:22	13:00	00:38	12:47	13:00	00:13	00:12	32.7%	00:24	00:00	1	00:00	0
04 Oct 25	00:44	12:16	11:31	00:44	12:15	11:31	07:32	65.4%	00:00	03:59	26	00:00	0
05 Oct 25	22:38	07:48	09:09	22:49	07:30	08:40	06:31	71.2%	00:10	02:09	20	00:00	0
06 Oct 25	23:32	07:20	07:48	23:32	07:11	07:38	05:32	70.9%	00:00	02:06	12	00:00	0
07 Oct 25	23:20	07:45	08:25	23:48	07:30	07:41	04:37	55.0%	00:28	03:03	16	00:00	0
08 Oct 25	23:20	07:50	08:30	23:20	07:50	08:30	05:15	61.9%	00:00	03:14	15	00:00	0
09 Oct 25	22:30	07:51	09:20	23:01	07:45	08:44	06:50	73.3%	00:30	01:53	21	00:00	0

Summary Sleep Statistics

	Rest Start Time	Rest End Time	Rest Interval Duration (hh:mm)	Sleep Onset Time	Sleep End Time	Sleep Interval Duration (hh:mm)	Total Sleep Duration (hh:mm)	Sleep Efficiency (%)	Sleep Onset Latency (hh:mm)	WASO Duration (hh:mm)	WASO Count	Total Nap Duration (hh:mm)	Nap Count
Minimum	20:59	07:20	00:38	22:49	07:11	00:13	00:12	32.7%	00:00	00:00	1	00:00	0
Maximum	12:22	13:00	11:31	12:47	13:00	11:31	07:32	73.3%	01:59	03:59	26	00:00	0
Average	00:41	08:57	08:16	01:07	08:50	07:42	05:13	59.9%	00:26	02:29	16	00:00	0

Interpretation Notes

Advanced Sleep Report

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Thursday
09 Oct 25
Day 8

15:00 17:00 19:00 21:00 23:00 01:00 03:00 05:00 07:00 09:00 11:00 13:00 15:00