

## Participant and Report Period Details

**Participant** John Participant  
**Data Start Time** 06 Jun 25 15:00 **Data End Time** 14 Jun 25 15:00

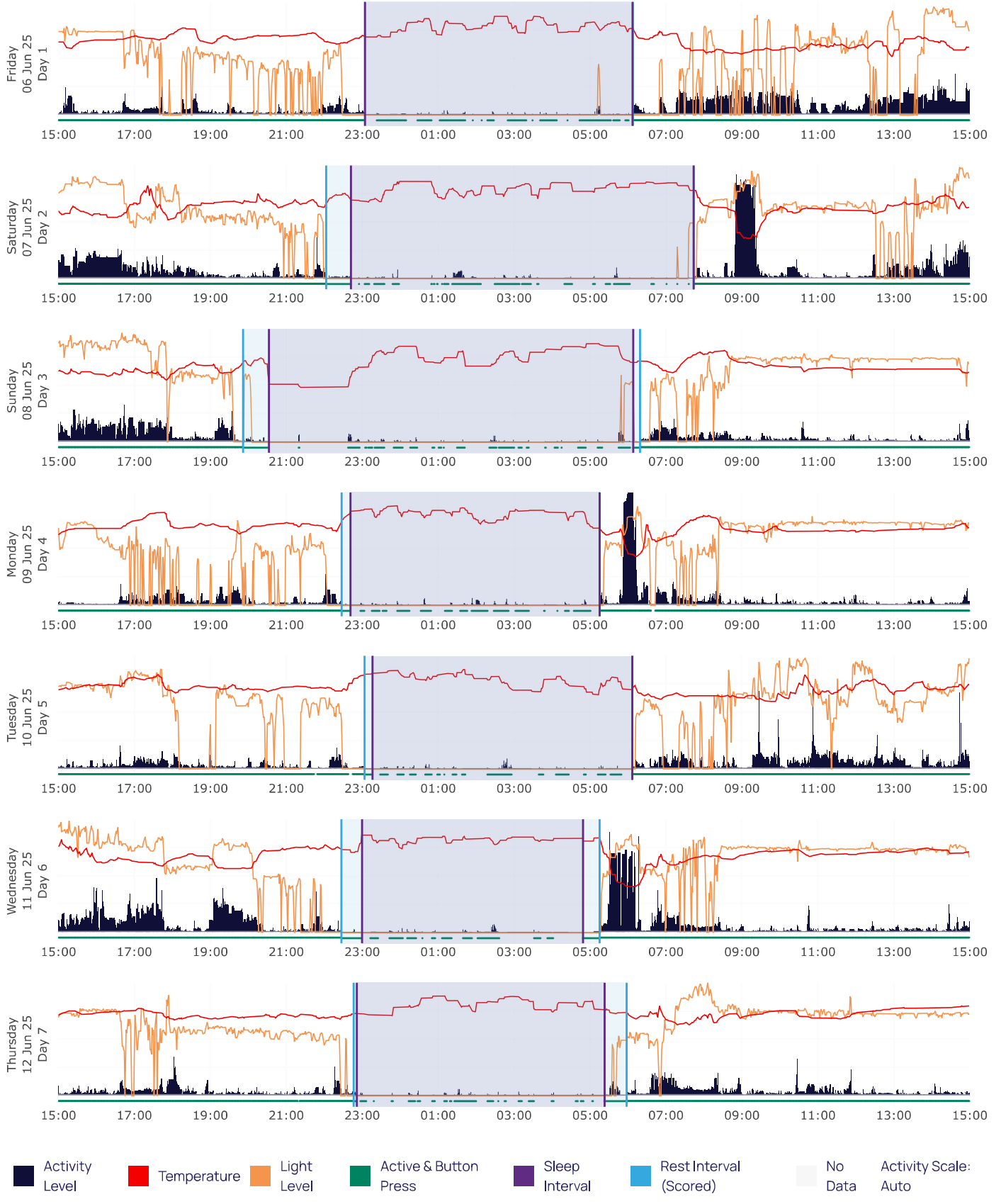
## Daily Sleep Statistics

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
06 Jun 25	23:04	06:07	07:03	23:04	06:07	07:02	03:04	43.6%	00:00	03:58	13	00:00	0
07 Jun 25	22:03	07:43	09:40	22:42	07:43	09:01	05:50	60.3%	00:39	03:11	21	00:00	0
08 Jun 25	19:51	06:19	10:27	20:32	06:08	09:35	06:44	64.5%	00:40	02:50	21	00:00	0
09 Jun 25	22:27	05:15	06:47	22:41	05:15	06:33	03:29	51.4%	00:14	03:03	14	00:00	0
10 Jun 25	23:03	06:06	07:02	23:16	06:06	06:50	04:15	60.4%	00:12	02:34	14	00:00	0
11 Jun 25	22:27	05:15	06:48	22:59	04:48	05:49	03:34	52.5%	00:32	02:14	10	00:00	0
12 Jun 25	22:46	05:57	07:11	22:51	05:22	06:31	04:47	66.5%	00:05	01:44	18	00:00	0
13 Jun 25	22:48	06:59	08:11	22:49	06:59	08:10	05:14	64.1%	00:00	02:55	18	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
<b>Minimum</b>	19:51	05:15	06:47	20:32	04:48	05:49	03:04	43.6%	00:00	01:44	10	00:00	0
<b>Maximum</b>	23:04	07:43	10:27	23:16	07:43	09:35	06:44	66.5%	00:40	03:58	21	00:00	0
<b>Average</b>	22:19	06:13	07:54	22:37	06:04	07:26	04:37	57.9%	00:18	02:49	16	00:00	0

## Interpretation Notes

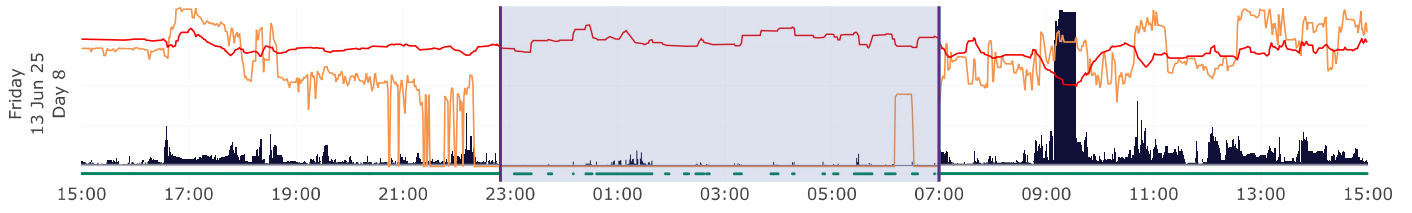




# Advanced Sleep Report

Report Date 19 Mar 26

Advanced Sleep Toolkit Version 1.0.0



- Activity Level
- Temperature
- Light Level
- Active & Button Press
- Sleep Interval
- Rest Interval (Scored)
- No Data
- Activity Scale: Auto