



**John Doe**

Date of birth Jan 3, 1976

Blood type -

Sex Male

# Sleep Report

From Jan 1, 2021 to Jan 31, 2021

## Average time in bed

7h 16m

## Average time asleep

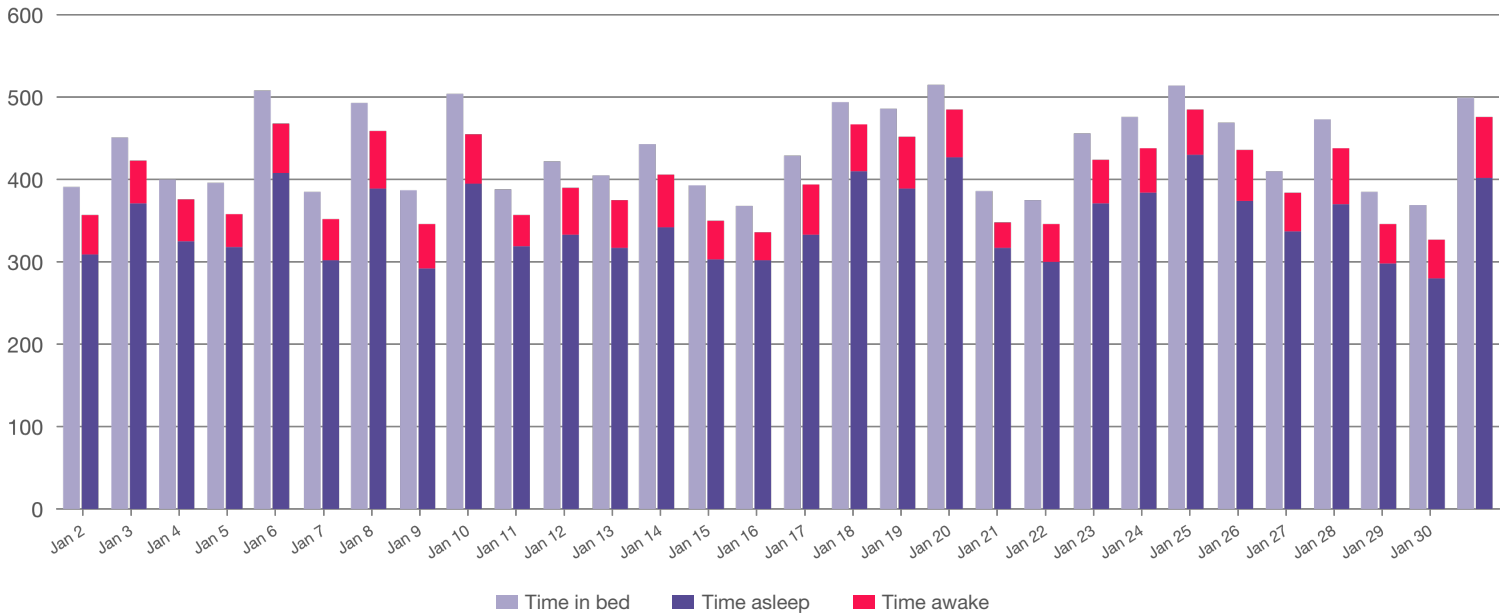
5h 48m

## Average time awake

54m

## Avg. No. of times awake

2



Date	Time	Sleep phases and heart rate	Duration	Asleep	Awake	Heart rate	12 hour recall of dietary intake		
							Sodium	Carbohydrates	Caffeine
Jan 1, 2020	22:55		6h 25m	5h 9m	48m	58 - 78	1769 mg	166.026 g	152 mg
Jan 2, 2020	22:57		7h 25m	6h 11m	52m	58 - 78	1369 mg	166.615 g	142 mg
Jan 3, 2020	22:46		6h 39m	5h 25m	51m	58 - 78	1689 mg	164.969 g	159 mg
Jan 4, 2020	22:48		6h 35m	5h 18m	40m	59 - 77	1750 mg	150.438 g	177 mg
Jan 5, 2020	22:06		8h 24m	6h 48m	1h 0m	58 - 78	1624 mg	158.369 g	78 mg
Jan 6, 2020	22:59		6h 22m	5h 2m	50m	58 - 78	1482 mg	160.204 g	147 mg
Jan 7, 2020	22:28		8h 7m	6h 29m	1h 10m	58 - 78	1640 mg	154.516 g	168 mg
Jan 8, 2020	22:55		6h 26m	4h 52m	54m	58 - 78	1723 mg	139.112 g	124 mg
Jan 9, 2020	22:07		8h 17m	6h 35m	1h 0m	58 - 78	1568 mg	175.263 g	171 mg
Jan 10, 2020	22:06		6h 23m	5h 19m	38m	58 - 78	1909 mg	141.433 g	200 mg
Jan 11, 2020	22:33		6h 56m	5h 33m	57m	58 - 78	1785 mg	148.006 g	95 mg

<b>Jan 12, 2020</b>	22:59		6h 36m	5h 17m	58m	58 - 77	1908 mg	169.444 g	160 mg
<b>Jan 13, 2020</b>	22:05		7h 22m	5h 42m	1h 4m	58 - 78	1899 mg	162.896 g	154 mg
<b>Jan 14, 2020</b>	22:55		6h 27m	5h 3m 47m		58 - 78	1341 mg	152.33 g	85 mg
<b>Jan 15, 2020</b>	22:25		6h 7m	5h 2m	34m	58 - 78	1702 mg	186.635 g	81 mg
<b>Jan 16, 2020</b>	22:26		7h 5m	5h 33m	1h 1m	58 - 78	1326 mg	194.635 g	164 mg
<b>Jan 17, 2020</b>	22:19		8h 9m	6h 50m	57m	58 - 78	1604 mg	189.846 g	121 mg
<b>Jan 18, 2020</b>	22:19		8h 4m	6h 29m	1h 3m	58 - 78	1851 mg	166.174 g	186 mg
<b>Jan 19, 2020</b>	22:01		8h 32m	7h 7m	58m	58 - 78	1378 mg	191.043 g	173 mg
<b>Jan 20, 2020</b>	22:01		6h 22m	5h 17m	31m	58 - 78	1341 mg	163.941 g	108 mg
<b>Jan 21, 2020</b>	22:17		6h 14m	5h 0m	46m	58 - 78	1822 mg	197.101 g	113 mg
<b>Jan 22, 2020</b>	22:57		7h 30m	6h 11m	53m	58 - 78	1912 mg	166.205 g	130 mg
<b>Jan 23, 2020</b>	22:36		7h 48m	6h 24m	54m	58 - 78	1646 mg	131.842 g	134 mg
<b>Jan 24, 2020</b>	22:03		8h 27m	7h 10m	55m	58 - 78	1600 mg	148.911 g	110 mg
<b>Jan 25, 2020</b>	22:48		7h 47m	6h 14m	1h 2m	58 - 78	1984 mg	131.924 g	199 mg
<b>Jan 26, 2020</b>	22:43		6h 44m	5h 37m	47m	58 - 78	1469 mg	165.363 g	115 mg
<b>Jan 27, 2020</b>	22:43		7h 45m	6h 10m	1h 8m	58 - 78	1960 mg	163.408 g	170 mg
<b>Jan 28, 2020</b>	22:10		6h 21m	4h 58m	48m	59 - 78	1400 mg	173.97 g	98 mg
<b>Jan 29, 2020</b>	22:24		6h 0m	4h 40m	47m	59 - 78	1934 mg	155.844 g	187 mg
<b>Jan 30, 2020</b>	22:11		8h 14m	6h 42m	1h 14m	58 - 78	1834 mg	172.563 g	84 mg