



Prepared by the patient from their own nightly sleep diary in the Small Hours app. It summarises what the patient logged; it is not a clinical assessment and contains no diagnosis or prediction. The patient chose to share it.

IN BRIEF

- Over the 6 weeks shown, the diary was kept on 38 of 42 mornings (90%).
- Weekly sleep efficiency rose from 66% to 88% between the first week with a figure (11 Aug to 17 Aug) and the most recent one, and averaged 88% over the last two weeks (12 nights logged).
- Over the same weeks, time to fall asleep fell from 74 min to 22 min, and time awake overnight fell from 106 min to 17 min, and times woken a night fell from 3 to 1.2, and the patient's own rating of their nights (1 to 5) rose from 3.1 to 4.5.
- The sleep hygiene check-up scored 53.64% on 13 Aug and 80.91% on 25 Sep (taken 3 times).
- The sleep window is now 00:30 to 06:45 (6 h 15 min); in this period it was widened twice, narrowed once. The patient kept to it on 10 of the 12 recent nights compared.
- Naps on 8 days, averaging 30 min; nights with caffeine averaged 8 points lower than nights without (see Anything worth noticing).

DIARY KEPT

90%

38 of 42 mornings

SLEEP EFFICIENCY

88%

last 7 nights (first week 66%)

SLEEP WINDOW NOW

00:30-06:45

6h 15m in bed

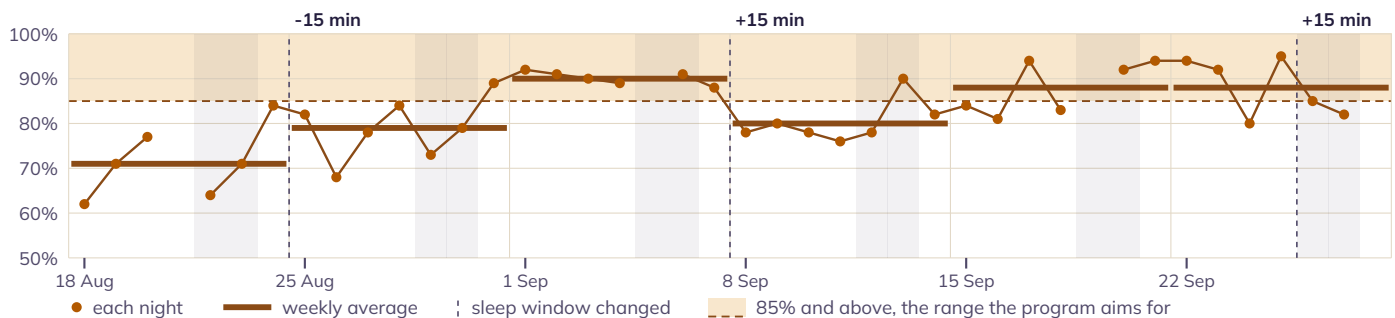
KEPT TO THE WINDOW

10 of 12

nights, within 30 min

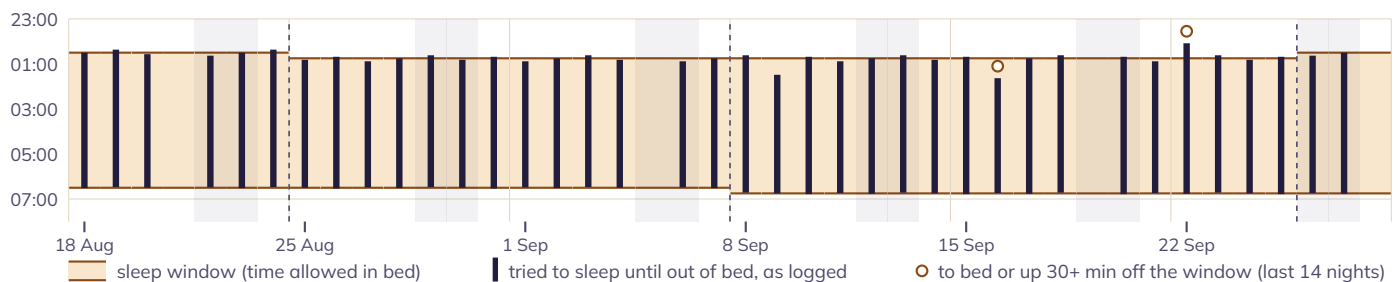
Sleep efficiency, night by night

time asleep as a share of time in bed



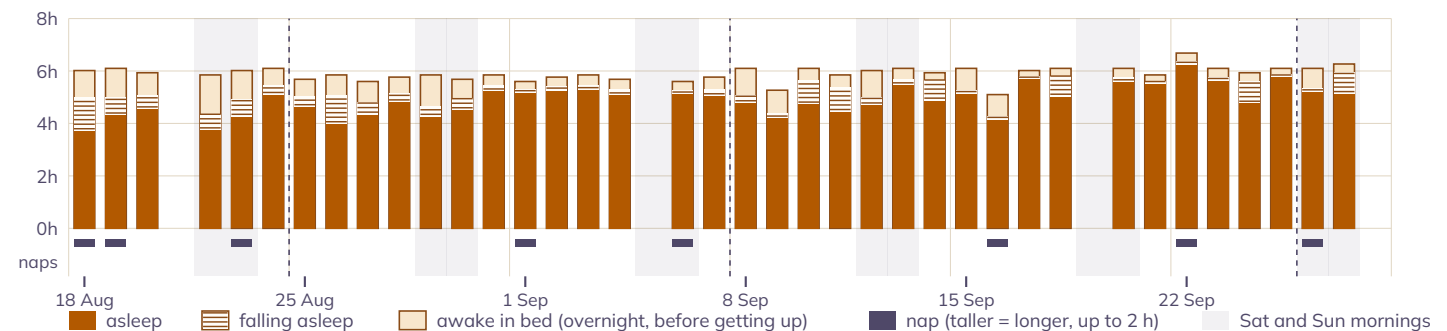
Keeping to the window

time allowed in bed vs time actually in bed, each night



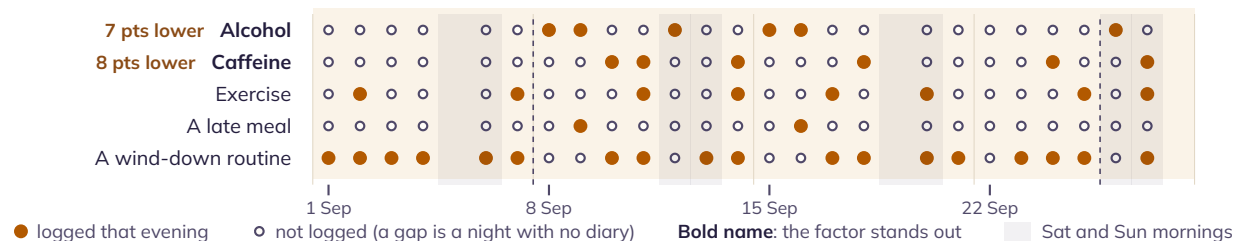
How each night was made up

asleep, falling asleep, awake in bed; naps below



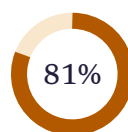


Anything worth noticing

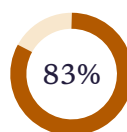
 what the patient logged each evening, last 4 weeks

- On the 6 nights the patient logged caffeine, sleep efficiency averaged 8 points lower than on the other 19.
 - On the 6 nights the patient logged alcohol, sleep efficiency averaged 7 points lower than on the other 19.
- The app's own comparison over the last four weeks: nights the patient logged something against nights they did not. It is shown only with at least 5 nights on each side and a gap of 5 points or more. These are comparisons of the patient's own nights, not causes.

Naps and sleep

 average sleep efficiency on nights with a nap, and without

Nights with a nap
8 nights



Nights without a nap
30 nights

By week

Week	Logged	Efficiency	Asleep	In bed	To fall asleep	Awake overnight	Woke	Felt	Nap days (avg)
Tue 22 Sep - Mon 28 Sep	6 of 7	87.9%	5h 28m	6h 12m	22m	17m	1.2	4.5/5	2 (30m)
Tue 15 Sep - Mon 21 Sep	6 of 7	88.0%	5h 11m	5h 53m	14m	21m	1.3	4.5/5	1 (30m)
Tue 8 Sep - Mon 14 Sep	7 of 7	80.2%	4h 45m	5h 55m	31m	33m	2.1	4.1/5	none
Tue 1 Sep - Mon 7 Sep	6 of 7	90.3%	5h 10m	5h 43m	11m	16m	1.2	4.8/5	2 (30m)
Tue 25 Aug - Mon 31 Aug	7 of 7	78.9%	4h 33m	5h 45m	28m	38m	2	4/5	none
Tue 18 Aug - Mon 24 Aug	6 of 7	71.3%	4h 17m	6h	41m	56m	2.8	3.7/5	3 (30m)

Earlier weeks not shown. The first week of the diary with a sleep efficiency figure:

Tue 11 Aug - Mon 17 Aug	7 of 7	65.9%	6h	9h 6m	1h 14m	1h 46m	3	3.1/5	2 (30m)
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Sleep windows

From	Window	Length	Why it changed
Fri 25 Sep	00:30 - 06:45	6h 15m	Weekly review: +15 min (the 7 nights before it averaged 91.0%)
Mon 7 Sep	00:45 - 06:45	6h	Weekly review: +15 min (the 7 nights before it averaged 90.3%)
Mon 24 Aug	00:45 - 06:30	5h 45m	Weekly review: -15 min (the 7 nights before it averaged 71.3%)
Mon 17 Aug	00:30 - 06:30	6h	First window

Sleep hygiene check-up

 eleven questions, 0 to 100%

Taken	Course week	Score
Thu 13 Aug	1	53.64%
Thu 27 Aug	3	66.36%
Fri 25 Sep	6	80.91%



Morning of	Tried to sleep	Out of bed	In bed	Asleep	To fall asleep	Awake overnight	Woke	Naps	Felt	Efficiency	On schedule
Mon 28 Sep	not logged										
Sun 27 Sep	00:30	06:46	6h 16m	5h 8m	49m	13m	1	-	4/5	82%	yes
Sat 26 Sep	00:38	06:44	6h 6m	5h 12m	7m	41m	2	30m	4/5	85%	yes
Fri 25 Sep	00:41	06:47	6h 6m	5h 46m	6m	8m	1	-	5/5	95%	yes
Thu 24 Sep	00:49	06:45	5h 56m	4h 46m	50m	14m	1	-	4/5	80%	yes
Wed 23 Sep	00:37	06:43	6h 6m	5h 38m	9m	13m	1	-	5/5	92%	yes
Tue 22 Sep	00:05	06:46	6h 41m	6h 15m	8m	12m	1	30m	5/5	94%	no
Mon 21 Sep	00:53	06:44	5h 51m	5h 31m	6m	8m	1	-	5/5	94%	yes
Sun 20 Sep	00:41	06:47	6h 6m	5h 35m	10m	15m	1	-	5/5	92%	yes
Sat 19 Sep	not logged										
Fri 18 Sep	00:37	06:43	6h 6m	5h 2m	47m	11m	1	-	4/5	83%	yes
Thu 17 Sep	00:45	06:46	6h 1m	5h 41m	6m	8m	1	-	5/5	94%	yes
Wed 16 Sep	01:38	06:44	5h 6m	4h 9m	8m	43m	2	30m	4/5	81%	no
Tue 15 Sep	00:41	06:47	6h 6m	5h 8m	9m	43m	2	-	4/5	84%	yes

NOTES

Scan for the clinician page, with a one-page referral sheet and patient handout, or visit trysmallhours.com/clinicians

