

# \*\*\* Sleep Statistics Report: JMS217001\_BSLN \*\*\*

Generated on: 21-May-2018

## Header Info:

Notes:

## File Overview:

Scoring window: 30 secs

Lights OUT: 21:00:13.780

Lights ON: 06:30:51.570

First scored epoch: 32

Last scored epoch: 1172

Sleep onset epoch: 8 (relative to record start: 39)

Final awakening epoch: 1110 (relative to record start: 1141)

First scored epoch relative to record start: 32

Last stage of sleep: Stage 1

Awake at lights on? Yes

## Sleep Continuity and Architecture:

	Epochs	Minutes	%TDT	%SPT	%TST
Total dark time:	1141	570.5	100.00	103.45	107.74
Sleep period time:	1103	551.5	96.67	100.00	104.15
Total sleep time:	1059	529.5	92.81	96.01	100.00
Sleep before sleep onset:	0	0.0	0.00	0.00	0.00
Wake after sleep onset:	26	13.0	2.28	2.36	2.46
Wake after final awakening:	30	15.0	2.63	2.72	2.83
Sleep after final awakening:	1	0.5	0.09	0.09	0.09
Total wake time:	63	31.5	5.52	5.71	5.95
Stage 1:	62	31.0	5.43	5.62	5.85
Stage 2:	460	230.0	40.32	41.70	43.44
Stage 3:	72	36.0	6.31	6.53	6.80
Stage 4:	233	116.5	20.42	21.12	22.00
REM:	232	116.0	20.33	21.03	21.91
MT:	9	4.5	0.79	0.82	0.85
NREM:	827	413.5	72.48	74.98	78.09
SW:	305	152.5	26.73	27.65	28.80
Anomalous (Unscored):	9	4.5	0.79	0.82	0.85

## Sleep Latencies:

	Epochs	Minutes
Lights out to sleep onset:	7	3.5
Lights out to 10 min. continuous sleep:	29	14.5

Lights out to Stage 1:	7	3.5
Lights out to Stage 2:	35	17.5
Lights out to Stage 3:	47	23.5
Lights out to Stage 4:	51	25.5
Lights out to SW:	47	23.5
Lights out to REM:	206	103.0
Lights out to Anomalous (Unscored):	897	448.5
Sleep onset to Stage 1:	0	0.0
Sleep onset to Stage 2:	28	14.0
Sleep onset to Stage 3:	40	20.0
Sleep onset to Stage 4:	44	22.0
Sleep onset to SW:	40	20.0
Sleep onset to REM:	199	99.5

Interval Analysis:

Quarters (min)					Thirds (min)				Halves (min)		
	1	2	3	4		1	2	3		1	2
Wake:	7.50	0.50	0.50	4.50	Wake:	8.00	-	5.00	Wake:	8.00	5.00
Stage 1:	7.00	1.50	8.50	14.00	Stage 1:	7.50	9.00	14.50	Stage 1:	8.50	22.50
Stage 2:	32.50	67.50	70.00	60.00	Stage 2:	60.00	77.50	92.50	Stage 2:	100.00	130.00
Stage 3:	7.50	11.50	16.50	0.50	Stage 3:	16.50	11.00	8.50	Stage 3:	19.00	17.00
Stage 4:	81.50	26.00	9.00	-	Stage 4:	89.00	23.00	4.50	Stage 4:	107.50	9.00
REM:	1.50	29.00	33.00	52.50	REM:	1.50	62.00	52.50	REM:	30.50	85.50
MT:	0.50	2.00	0.50	1.50	MT:	1.50	1.50	1.50	MT:	2.50	2.00
SW:	89.00	37.50	25.50	0.50	SW:	105.50	34.00	13.00	SW:	126.50	26.00
Total Time:	138.00	138.00	138.00	137.50	Total Time:	184.00	184.00	183.50	Total Time:	276.00	275.50

Hourly Split (min)

	1	2	3	4	5	6	7	8	9	10
Wake:	7.50	-	0.50	-	-	-	0.50	3.50	1.00	-
Stage 1:	6.50	0.50	0.50	1.00	-	8.00	1.50	2.00	10.50	0.50
Stage 2:	6.00	25.00	25.00	27.50	35.50	10.50	42.00	29.00	27.00	2.50
Stage 3:	2.00	1.00	13.50	1.00	3.00	7.00	8.00	-	0.50	-
Stage 4:	38.00	31.50	19.50	0.50	21.00	1.50	4.50	-	-	-
REM:	-	1.50	-	29.00	-	33.00	3.00	21.00	20.00	8.50
MT:	-	0.50	1.00	1.00	0.50	-	0.50	-	1.00	-
SW:	40.00	32.50	33.00	1.50	24.00	8.50	12.50	-	0.50	-
Total Time:	60.00	60.00	60.00	60.00	60.00	60.00	60.00	60.00	60.00	11.50

Cycle Analysis:

NREM-REM Cycle Stats (min)

	1	2	3	4	5
Wake:	7.50	0.50	-	3.00	2.00
Stage 1:	6.50	2.00	2.50	7.50	12.00
Stage 2:	21.00	58.50	48.50	43.50	58.50
Stage 3:	3.00	14.50	10.00	8.00	0.50
Stage 4:	69.50	20.00	22.50	4.50	-
REM:	1.50	29.00	33.00	24.00	28.50
MT:	-	2.50	0.50	0.50	1.00
SW:	72.50	34.50	32.50	12.50	0.50
Total Time:	109.00	127.00	117.00	91.00	107.00

NREM Period Stats (min)

	1	2	3	4	5	6
Wake:	7.50	0.50	-	0.50	1.00	-
Stage 1:	6.50	1.00	-	7.00	2.00	0.50
Stage 2:	13.00	58.50	48.50	43.50	52.00	-
Stage 3:	3.00	14.50	10.00	8.00	0.50	-
Stage 4:	69.50	20.00	22.50	4.50	-	-
REM:	-	-	-	-	-	-
MT:	-	2.50	0.50	0.50	-	-
SW:	72.50	34.50	32.50	12.50	0.50	-
Total Time:	99.50	97.00	81.50	64.00	60.00	0.50
Segments:	1	1	1	1	1	1

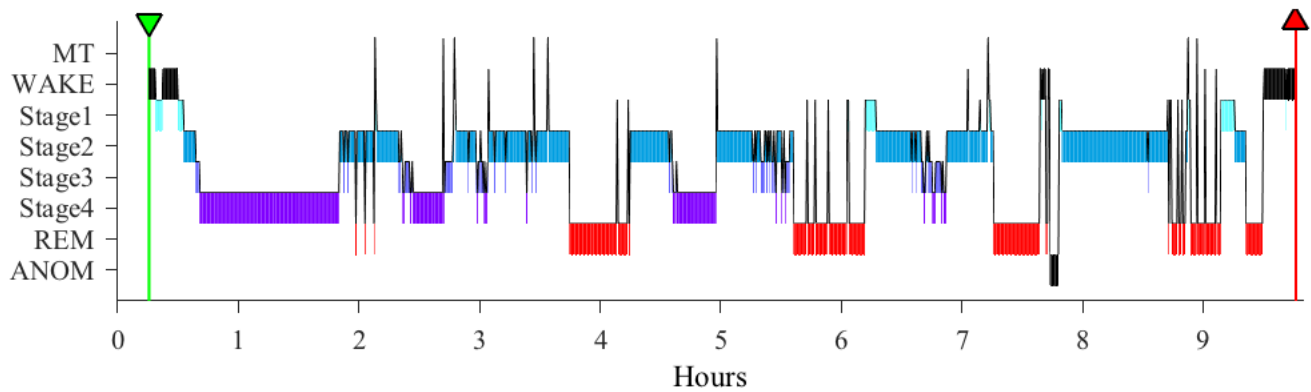
REM Period Stats (min)

	1	2	3	4	5
Wake:	-	-	-	2.50	1.00
Stage 1:	-	1.00	2.50	0.50	10.00
Stage 2:	8.00	-	-	-	6.50
Stage 3:	-	-	-	-	-
Stage 4:	-	-	-	-	-
REM:	1.50	29.00	33.00	24.00	28.50
MT:	-	-	-	-	1.00
SW:	-	-	-	-	-
Total Time:	9.50	30.00	35.50	27.00	47.00
Segments:	3	3	5	2	9

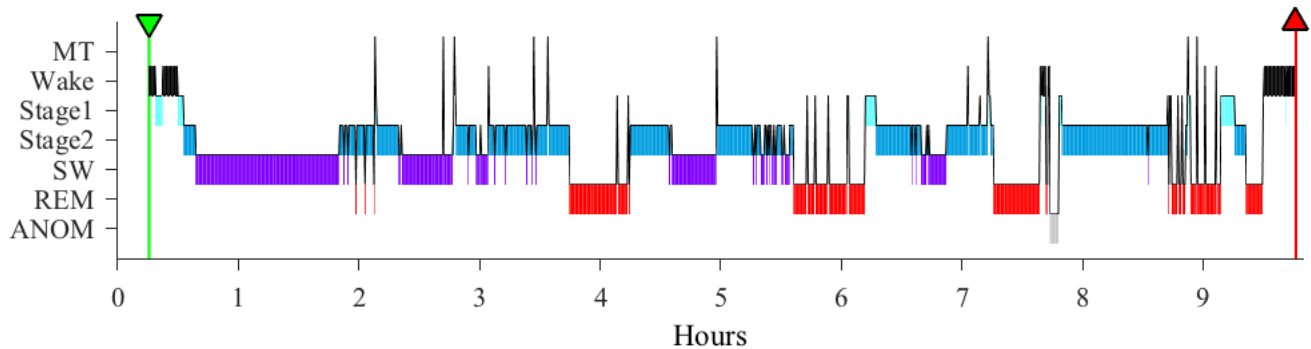
Last REM to final awakening: 16.0  
Last REM to lights on: 16.0

Hypnograms and Transition Tables:

Full Hypnogram:

**Full Transition Table:**

From\To	Wake	Stage 1	Stage 2	Stage 3	Stage 4	REM	MT
<b>Wake:</b>	<b>52</b>	4	2	0	0	3	0
<b>Stage 1:</b>	4	<b>40</b>	8	0	0	11	0
<b>Stage 2:</b>	1	2	<b>415</b>	27	3	7	5
<b>Stage 3:</b>	1	0	24	<b>33</b>	14	0	0
<b>Stage 4:</b>	0	0	4	12	<b>215</b>	0	2
<b>REM:</b>	4	12	4	0	0	<b>210</b>	2
<b>MT:</b>	0	4	3	0	1	1	<b>0</b>

**SW Collapsed Hypnogram:****SW Collapsed Transition Table:**

From\To	Wake	Stage 1	Stage 2	SW	REM	MT
<b>Wake:</b>	<b>52</b>	4	2	0	3	0
<b>Stage 1:</b>	4	<b>40</b>	8	0	11	0
<b>Stage 2:</b>	1	2	<b>415</b>	30	7	5
<b>SW:</b>	1	0	28	<b>274</b>	0	2
<b>REM:</b>	4	12	4	0	<b>210</b>	2
<b>MT:</b>	0	4	3	1	1	<b>0</b>

**Sleep Statistics Definitions and Explanations:**

**TDT:** Total dark time (elapsed time from lights out to lights on).

**SPT:** Sleep period time (elapsed time from sleep onset through last epoch of unambiguous sleep [see sleep onset]).

**TST:** Total sleep time (duration of time spent in Stages 1, 2, 3, 4 and REM during SPT).

**Total Wake Time:** Duration of time awake (within TDT).

**NREM:** Duration of time in Stages 1, 2, 3, 4.

**SW:** Slow wave sleep (Stages 3, 4).

**All sleep stage statistics (and TST) tabulated from within SPT. Extraneous sleep outside of SPT is SBSO (see below).**

**Sleep Onset:** The time from the epoch of lights out until the first epoch of 3 contiguous epochs of sleep.

**Wake After Sleep Onset:** Wake time after sleep onset during SPT.

**Wake After Final Awakening:** Elapsed time spent awake between the final epoch of SPT and lights on.

**Sleep Before Sleep Onset:** Any transient sleep occurring between lights off and sleep onset.

**Sleep After Final Onset:** Any transient sleep occurring between the final epoch of SPT and lights on.

**All Stage Latencies:** Elapsed time to first epoch of specified stage (from either lights off or sleep onset, as specified).

**All Interval Analyses:** Calculated from SPT.

**NREM-REM Cycle definitions per Carskadon and Rechtschaffen (2005).**

**NREM-REM Cycle:** Succession of NREM period of at least 25 minutes duration by a REM period.

**NREM Period:** Time interval between first occurrence of not REM and the first epoch of the next REM period, subject to combining rule.

**REM Period:** Time interval between two consecutive NREM periods or the between the last NREM period and final awakening.

**NREM/REM Segments:** Number of uninterrupted periods of NREM/REM during a NREM/REM period.

**All other sleep statistics per:**

Carskadon, MA, Rechtschaffen, A. **Monitoring and Staging Human Sleep. In: Principles and Practices of Sleep Medicine 4th Edition, pgs. 1359-1377. Ed: Kryger, MH, Roth, T, Dement, WC. Philadelphia, PA : Elsevier Saunders, 2005.**