

SLEEP GAUGE SAMPLE REPORT



TOTAL SLEEP TIME: 6.26 hrs **AGE:** 39

FINDINGS: below normal

- **Adults (26-64):** should have at least 7-9 hours of total sleep time per night.

RECOMMENDATIONS:

To improve Sleep Hygiene, you should follow these simple yet effective sleep tips, including:

- Turn off electronics before bed.
- Exercise daily
- Ensure bedroom has ideal temperature, lighting, and sound for bedtime.



WAKE TIME: 17.79%

You were awake 154.50mins.

FINDINGS: Pay Attention to Comfort

RECOMMENDATIONS:

When you're preparing for bed, discard any binding clothing to pull on pajama pants and an oversized T-shirt. Make sure your mattress is firm but not hard, your pillows are plump, and your blankets are soft. If it's chilly, an electric blanket plus an open window can lull you into sleep in no time.

- Sleep with comfortable pillows and mattresses.
 - Decrease use of Alcohol and Caffeine.



TIME IN BED : 7.33 hrs.

FINDINGS: The time in the study from `Lights Out' to `Lights On'.

RECOMMENDATIONS: **Desensitization**

Time in bed and your comfort level should be important to you. Noise is a common cause of sleeplessness, especially when it is loud or unexpected.

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There are techniques called 'desensitization' to reduce our reaction. It requires practice and preparation but is effective:

- Simply record 5-10mins or so of the noise (using your mobile phone or other recording device).
- Then, during the day, listen to the recording of the noise whilst laying in a restful place, keeping your breathing slow and steady and staying relaxed.
- As you practice relaxation while listening to the sounds , the more the sounds will reduce and make it easier to fall asleep and stay asleep.



SLEEP EFFICIENCY: 85.23%

time asleep / (total time in bed - time to fall asleep).

FINDINGS:

Good 85-100%

Your sleep is in good shape, but there are still many steps you can take to make it even better.

RECOMMENDATIONS:



SLEEP LATENCY : 19 Minutes

(time from lights out or bed time to the onset of sleep.)

FINDINGS: Normal -10-20 mins

This is how long it took you to fall asleep. If you're taking too long to fall asleep, you should consider evaluating your sleep routine and revising your bedtime habits.

RECOMMENDATIONS: Clear your mind

- Erase any thoughts on subjects that may distract you from your sleep.
- To help you achieve mental tranquility, try meditation or relaxation exercises.
- There are scores of recommended methods, so find what works for you and make it part of your bedtime ritual.
- sunlight during the day, as well as darkness at night, helps to maintain a healthy [sleep-wake cycle](#).

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HOW SCORES ARE CREATED:

- 4-5** Your sleep problems seem to be severe. You should definitely try to get some help.
- 3-4** You have some sleep problems. It's important to examine your sleep habits and see how you can make changes.
- 2-3** Your sleep is in good shape, but there are still many steps you can take to make it even better.
- 0-2** Your sleep is in great shape. Keep doing what you're doing and spread the word!

RESPONSES: Your Sleep Quality Score

Your sleep quality score is

5/5

Your sleep problems seem to be severe. You should definitely try to get some help.

*You need to make substantial changes to your sleep habits if you want to sleep better.

If you'd like to sleep better, see our free [tips for better sleeping](#). If you're doing everything right but still having trouble, you may have a real sleeping disorder. Please contact your nearest Sleep Lab for further information about Sleep Hygiene and Sleep testing.

We have listed an Accredited Home Sleep Lab for you.

American Sleep Centers

9439 Archibald ave. Ste 105

Rancho Cucamonga, Ca 91730

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