SomniLog Data Summary (Weekly)

			Day: _____ Date: _____	Day: _____ Date: _____	Day: _____ Date: _____	Day: _____ Date: _____	Day: _____ Date: _____	Day: _____ Date: _____	Day: _____ Date: _____
11	Duration of this Sleep Episode (DSE)	DSE = The time between Line 4 and Line 8							
12	How long did it take to fall asleep?	The time between Line 4 and Line 5							
13	Duration of all Mid-Sleep Awakenings	Add the times listed in Item 6							
14	How long did you try to fall back asleep after your final awakening?	The time between Line 7 and Line 8.							
15	Total Sleep Time (TST) (2 steps)	Step 1: The time between Line 5 and Line 7. Step 2: Subtract Line 13 from the amount in Step 1.							
16	Time in Bed - Not Intending to Sleep (TIB-NIS). (3 steps)	Step 1: The time between Line 3 and Line 4. Step 2: The between Line 8 from Line 9. Step 3: Add these two amounts.							
17	Sleep Efficiency (SEFF) (3 steps)	Convert Line 11 (DSE) and Line 15 (TST) to minutes. Then divide: Line 15 ÷ Line 11 = SEFF							