Sleep map for core digital measures

Time in bed

| In bed | Sleep onset | | Sleep offset | Out of bed |

| *Rest period* | *Initial sleep onset latency* | **Primary sleep period** | *Sleep offset latency* | *Rest period* |

| *Asleep* ⚡ | *Asleep* ⚡ | *Asleep* |

⚡ = **Wake event**

Time attempting to sleep start time

Time attempting to sleep end time

Time attempting to sleep

Sleep map for core digital measure:
Total sleep time (Duration)

Time in bed

| In bed | Sleep onset | | Sleep offset | Out of bed |

| Rest period | Initial sleep onset latency | Primary sleep period | Sleep offset latency | Rest period |

| Asleep | ⚡ | Asleep | ⚡ | Asleep |

⚡ = Wake event
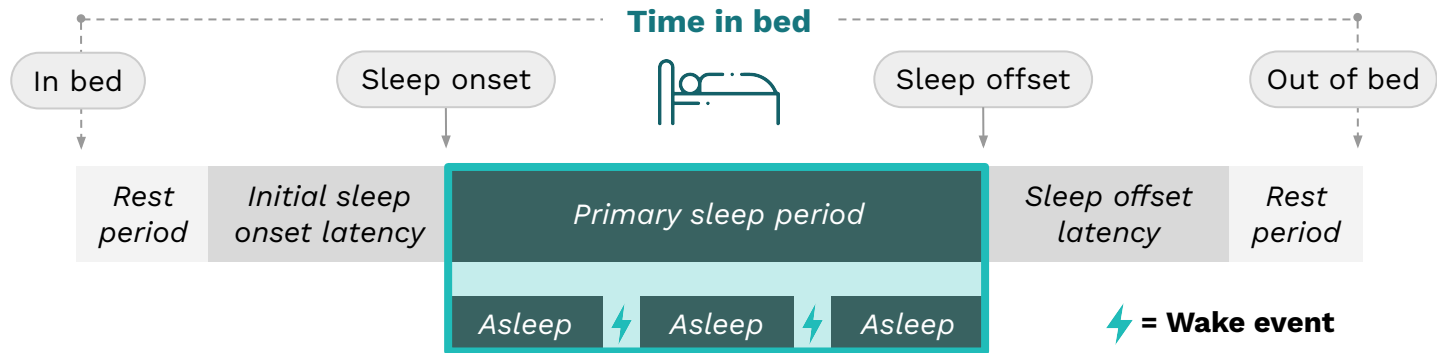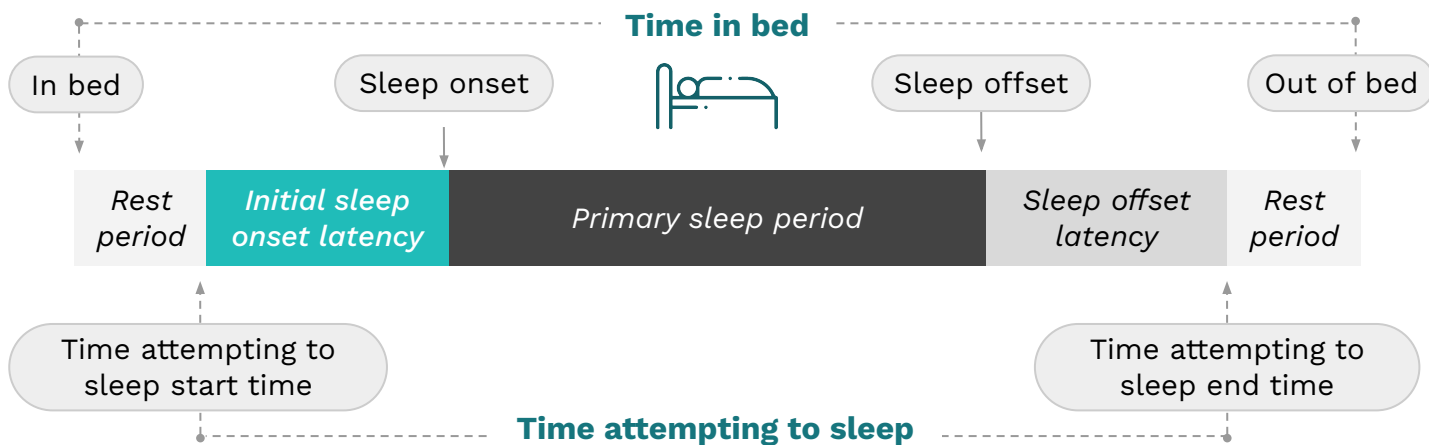
Total sleep time = (Primary sleep period) – (WASO)

WASO* = ∑ (⚡Duration)

*Wake after sleep onset

Sleep map for core digital measure:
Initial sleep onset latency (Duration)

Time in bed

In bed | Sleep onset | Sleep offset | Out of bed

Rest period | *Initial sleep onset latency* | *Primary sleep period* | Sleep offset latency | Rest period

Time attempting to sleep start time

Time attempting to sleep end time

Time attempting to sleep

DATAcc by DiME
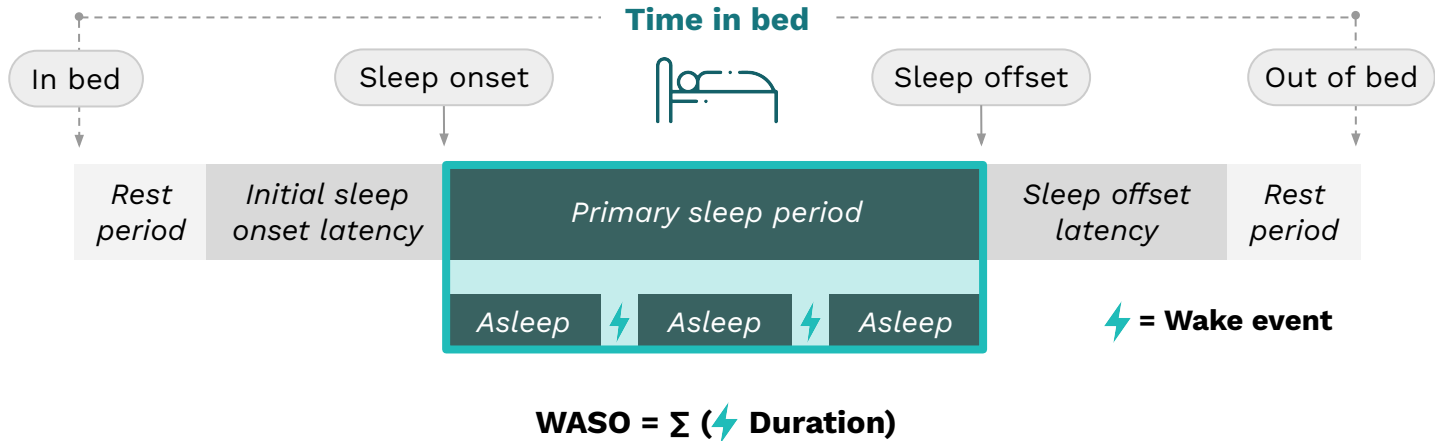
Sleep map for core digital measure:
Number of wake events in the primary sleep period (Count)

Time in bed

| In bed | Sleep onset | Sleep offset | Out of bed |

| Rest period | Initial sleep onset latency | Primary sleep period | Sleep offset latency | Rest period |

| Asleep | ⚡ | Asleep | ⚡ | Asleep |

⚡ = Wake event

# of Wake events = Count of ⚡
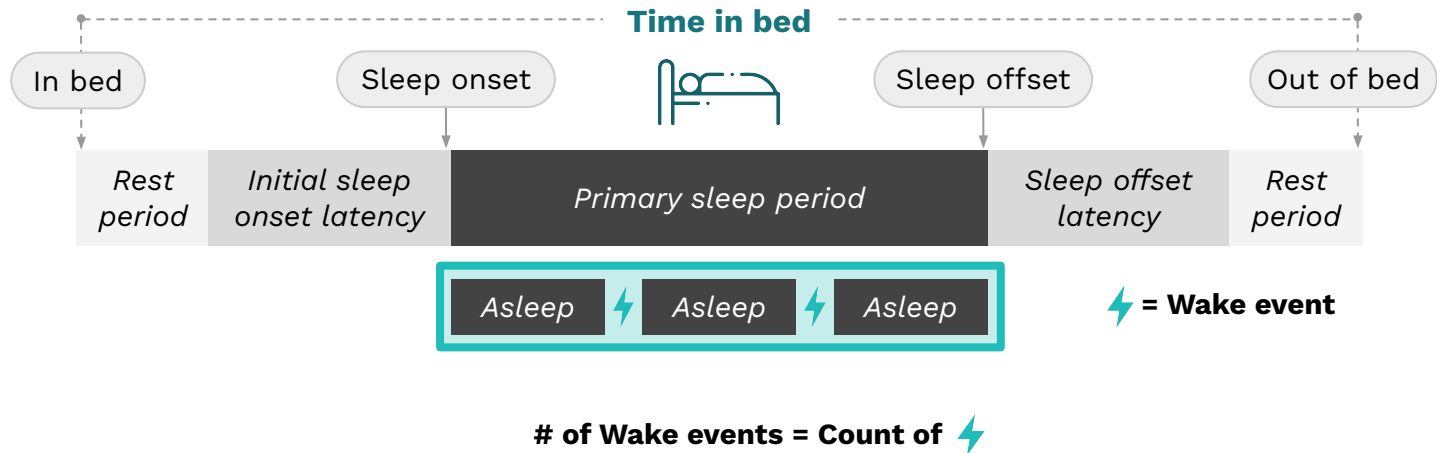
Sleep map for core digital measure:
Sleep efficiency (Percentage)

Time in bed

| In bed | Sleep onset | | Sleep offset | Out of bed |

| Rest period | Initial sleep onset latency | Primary sleep period | Sleep offset latency | Rest period |

| | Asleep ⚡ Asleep ⚡ Asleep | |

Time attempting to sleep start time

⚡ = Wake event

Time attempting to sleep end time

Time attempting to sleep
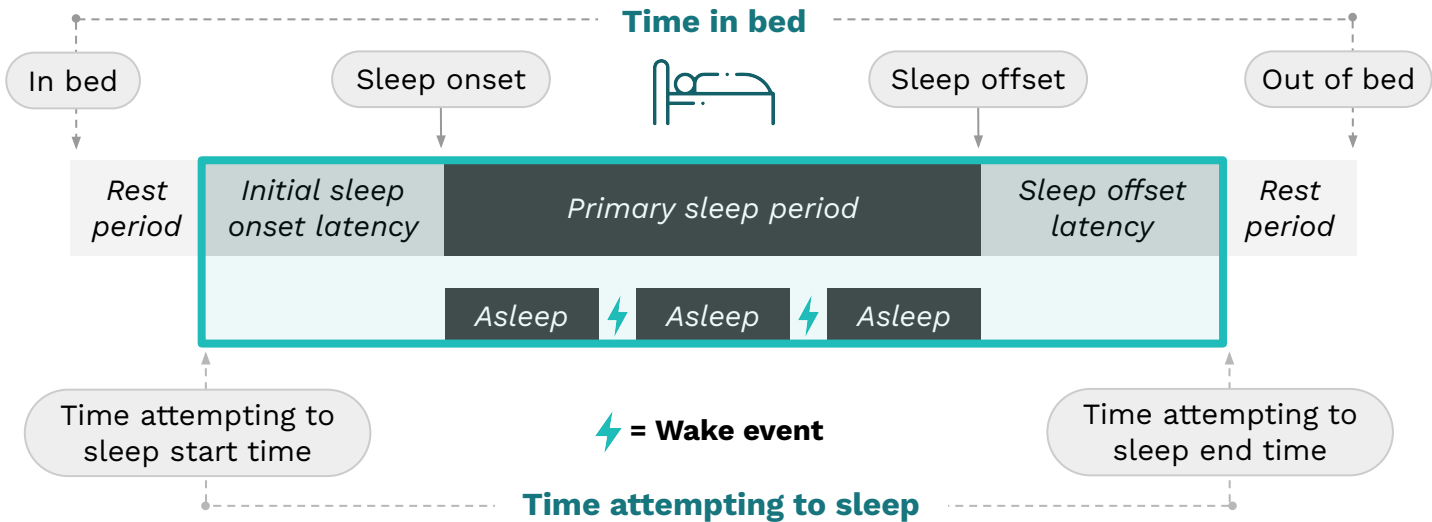
$$\text{Sleep efficiency} = \frac{\text{Total sleep time}}{\text{Time attempting to sleep duration}} \times 100$$

Sleep map for core digital measure:
Total napping time (Duration)

Time in bed

In bed

Sleep onset

Rest period

Asleep

Rest period

Initial sleep onset latency

Primary sleep period

Asleep ⚡ Asleep ⚡ Asleep

⚡ = Wake event