

Sleep & Energy Summary

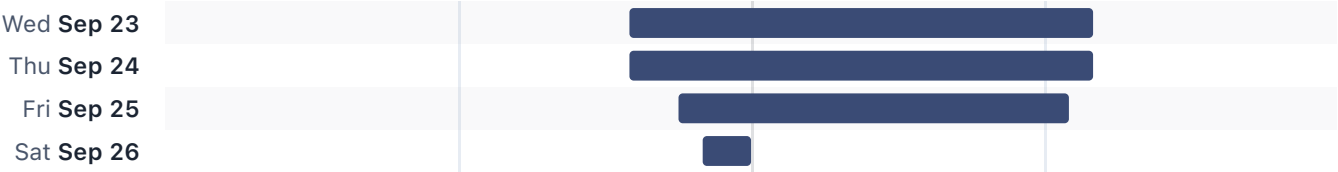
Self-reported sleep periods and a daily energy rating over the period below.

Prepared for **your care provider**
Aug 30 – Sep 26, 2026
28 days · daily records

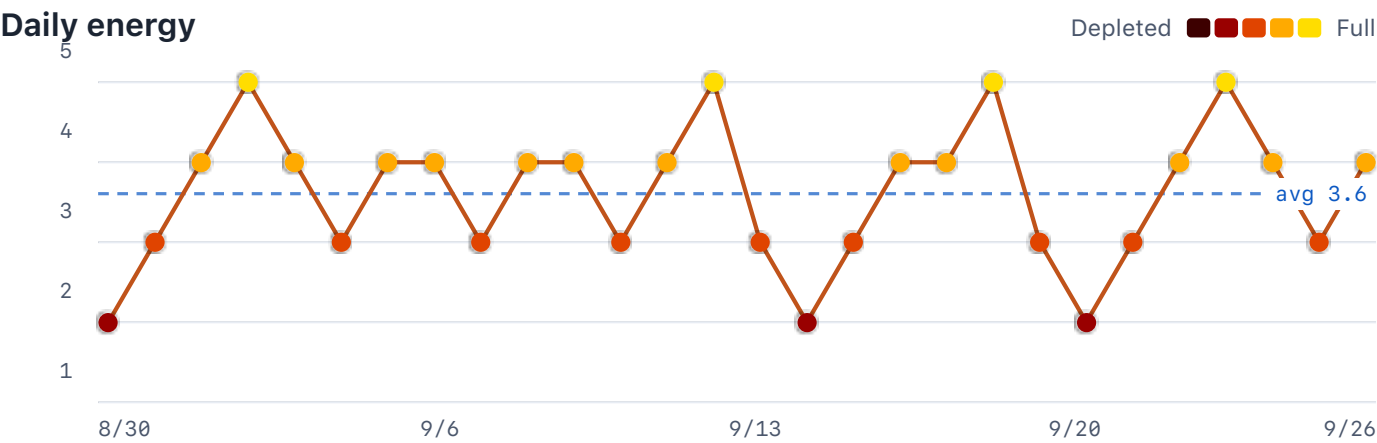
8h 06m AVG SLEEP / 24H	4% DAYS WITH A NAP	0.0 NAPS PER DAY	60_{min} LONGEST NAP	3.6 AVG DAILY ENERGY
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Daily sleep & naps





Reading the sleep chart. Each row is one 24-hour span running noon to noon, so a full night stays together as one block near the center and daytime naps appear to its left.



Reading the energy chart. Each point is that day's end-of-day energy rating, where **5 = full energy** (a typical healthy day) and lower numbers mark increasing depletion. The dashed line is the period average; the line breaks across days with no rating.





The information in this report is entered by hand in the TriLog app and reflects the user's own observations. TriLog is a personal journal, not a medical device, and this summary is intended only to support a conversation with your care provider.

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