

Steve's Week Developing Sleep Debit and Using the Weekend to "Sleep it Off"

Day	Time to Bed	Minutes to Fall Asleep	Minutes Awake Overnight	Time Out of Bed	Total Sleep Time	Accumulated Sleep Debt
1 Sun-Mon morning	11:30 pm	15 min	5 min	6:50 am	6h 0min	-2 hours
2 Mon-Tue morning	12:00 am	20 min	15 min	7:00 am	6h 25min	-3h35min
3 Tue-Wed morning	11:30 pm	10 min	5 min	6:45 am	7h 0min	4h 35min
4 Wed-Thurs morning	1:00 am	5 min	0 min	6:45 am	5h 40min	6h 55min
5 Thurs-Fri morning	11:45 pm	10 min	15 min	7:10 am	7h 0min	7h 55min
6 Fri-Sat morning	12:00 am	15 min	0 min	10:00 am	9h 45min	6h 10min
7 Sat-Sun morning	11:30 pm	10 min	20 min	10:30 am	10h 30min	3h 40min