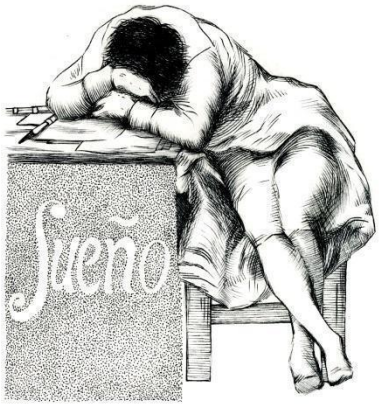
Sueño – Sleep Habits in HCHS

Database Dictionary

April 30, 2014



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1. ADMINISTRATIVE

1.1 SAWA1 (Participant ID)

The first digit is a letter that identifies the Field Center (FC) where sleep data was collected. The 7-digit numerical string that follows the letter is the unique identifier for the participant.

1.2 SAWA2 (Contact Occasion)

Contact occasion 1 is the first time the subject participated in the study. Contact occasion 2 is the second time the subject participated in the study.

Value 1 = Contact 1
Value 2 = Contact 2

1.3 SAWA3 (Field Center ID)

Value 1 = Bronx, NY
Value 2 = Chicago, IL
Value 3 = Miami, FL
Value 4 = San Diego, CA

1.4 SAWA4 (Valid/Invalid Recording)

A valid status means that at least 5 of the days that make up the recording meet minimum quality criteria.

Value 1 = Valid
Value 2 = Invalid

1.5 SAWA5 (Invalid Reason Code)

The main reason for a recording not having 5 or more days of valid data.

Value 1 = Less than 5 days of valid data due to device not being worn properly
Value 2 = Technical failure
Value 3 = Acute illness

1.6 SAWA6 (Actigraph Unit ID)

The last 4 numbers of the unique serial number of the actigraph.

1.7 SAWA7 (Participant Actigraphy Status)

The status of a participant's willingness to repeat the study when their first contact occasion was invalid.

Value 1 = Willing to Repeat
Value 2 = Unwilling to Repeat
Value 3 = Unable to Contact
Value 4 = Not Asked to Repeat
Value 8 = Pending
Value 9 = Permanently Missing

1.8 SAWA8 (Sleep Journal/Log Status)

Binary variable showing whether the Reading Center (RC) received the daily sleep log.

Value 0 = No
Value 1 = Yes

1.9 SAWA12 (Actigram Start Date)
The date on which the actigraph started recording wrist activity as identified by the scorer.

1.10 SAWA13 (Actigram Start Time)
The clock time at which the actigraph started recording wrist activity, as identified by the scorer.

1.11 SAWA14 (Actigram End Date)
The calendar date on which the actigraph stopped recording wrist activity, as identified by the scorer.

1.12 SAWA15 (Actigram End Time)
The clock time at which the actigraph stopped recording wrist activity, as identified by the scorer.

1.13 SAWA340 (Daylight Savings Time Overlap)
This variable identifies studies that overlap with spring or fall daylight savings time.

Value 0 = No overlap
Value 1 = Overlaps with spring daylight savings time
Value 2 = Overlaps with fall daylight savings time

1.14 SAWA341 (Original Epoch Length)
The length of the epoch selected when the actigraph was configured to start recording data. Per study protocol, the default epoch length should be 30 seconds. However, a small percentage of studies were recorded in 15 second epochs. These recordings were recalculated to use 30 second epochs for consistent analysis.

1.15 SAWA342 (Version of Actiware Software)
The version of the Actiware software that was used to download, score, and export actigram data.

Value 1 = 5.59.0015
Value 2 = 5.7

2. NUMBER OF DAYS

2.1 SAWA329 (Number of Days Logged in Sleep Diary)
This is the number of daily sleep log entries on which the participant reported a bed time and/or a wake time. This refers to the number of days for which the participant reported nightly sleep (or lack thereof).

2.2 SAWA332 (Number Work Days Logged in Sleep Diary)
This is the number of daily sleep log entries on which the participant reported going to work or school.

2.3 SAWA9 (Number of Good/Valid Days)
The number of valid 24 hour intervals that meet minimum quality criteria.

2.4 SAWA10 (Number of Valid Weekday Days)
The number of days with valid actigraphy data that start on Sunday through Thursday.

2.5 SAWA11 (Number of Valid Weekend Days)
The number of days with valid actigraphy data that start on Friday or Saturday.

2.6 SAWA343 (Number of Good/Valid Workdays)
The number of days with valid actigraphy data on which the participant self-reported as having attended work or school in the daily sleep log.

2.7 SAWA344 (Number of Good/Valid Non-workdays)
The number of days with valid actigraphy data on which the participant self-reported as not having attended work or school.

2.8 SAWA47 (Number of Days with Sleep/Rest Data)
This is the number of valid main rest intervals in the recording that meet quality criteria. Main rest intervals are the intervals of time between the epoch at which the participant went to bed and the epoch at which the participant got out of bed, as marked by the scorer. It refers to the participant's "nightly" time in bed, including time awake and asleep.

2.9 SAWA94 (Number of Weekdays with Sleep/Rest Data)
This is the number of main rest intervals that end on a calendar Monday through Friday.

2.10 SAWA141 (Number of Weekends with Sleep/Rest Data)
This is the number of main rest intervals that end on a calendar Saturday or Sunday.

2.11 SAWA188 (Number of Workdays with Sleep/Rest Data)
This is the number of main rest intervals that directly precede the subject going to work or school, as self-reported in the daily sleep log.

2.12 SAWA235 (Number of Non-workdays with Sleep/Rest Data)
This is the number of main rest intervals that directly precede the subject not going to work or school, as self-reported in the daily sleep log.

2.13 SAWA282 (Number of Reliable Days with Sleep/Rest Data)
This is the number of main rest intervals for which the sum of the quality score for in bed and out of bed times is 5 or 6. Bed times are given a reliability score between 1 and 3:

Value -8 = Not Applicable
Value -1 = Flag/ Confusion
Value 0 = No Evidence of Sleep
Value 1 = Unreliable
Value 2 = Somewhat reliable
Value 3 = Mostly reliable

3. DURATION

3.1 SAWA16 (Average Main Rest Duration)
This is the average duration of main rest intervals across all days, in minutes. This variable is similar to SAWA50; however, SAWA16 is generated by Actiware software before data optimization.

3.2 SAWA50 (Average Main Rest Duration)
This is the average duration of main rest intervals across all days, in minutes. This refers to the amount of time, on average, that a person spent between getting in bed and getting out of bed, including times when the person was momentarily up at night.

3.3 SAWA97 (Average Weekday Main Rest Duration)
This is the average duration of main rest intervals across all weekday days.

3.4 SAWA144 (Average Weekend Main Rest Duration)
This is the average duration of main rest intervals across all weekend days.

3.5 SAWA191 (Average Workday Main Rest Duration)
This is the average duration of main rest intervals across all workday days.

3.6 SAWA238 (Average Non-workday Main Rest Duration)
This is the average duration of main rest intervals across all non-workday days.

3.7 SAWA285 (Average Reliable Day Main Rest Duration)
This is the average duration of main rest intervals across all reliable days.

3.8 SAWA18 (Average Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all main rest intervals, in minutes. This variable is similar to SAWA152; however, SAWA18 is generated by Actiware software before data optimization.

3.9 SAWA52 (Average Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all main rest intervals, in minutes. This refers to the average length of time between when the person fell asleep and when they woke up.

3.10 SAWA32 (Average Weekday Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all weekday main rest intervals. This variable is similar to SAWA99; however, SAWA32 is derived from Actiware variable SAWA18 before data optimization.

3.11 SAWA99 (Average Weekday Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all weekday main rest intervals.

3.12 SAWA31 (Average Weekend Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all weekend main rest intervals, in minutes. This variable is similar to SAWA146; however, SAWA31 is derived from Actiware variable SAWA18 before data optimization.

3.13 SAWA146 (Average Weekend Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all weekend main rest intervals, in minutes.

3.14 SAWA193 (Average Workday Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all workday main rest intervals, in minutes.

3.15 SAWA240 (Average Non-Workday Sleep Duration)

This is the average duration of time between sleep onset and sleep offset across all non-workday main rest intervals, in minutes.

3.16 SAWA287 (Average Reliable Day Sleep Duration)
This is the average duration of time between sleep onset and sleep offset across all reliable day main rest intervals, in minutes.

3.17 SAWA45 (Average Sleep Time)
This is the average amount of time spent asleep across all main rest intervals with sleep, in hours. This variable is similar to the Sueño calculated variable SAWA54; however, SAWA45 is calculated based on data generated by Actiware software before data cleaning and imputation.

3.18 SAWA54 (Average Sleep Time)
This is the average amount of time, in minutes, spent asleep between the sleep onset and sleep offset times across all main rest intervals with sleep.

3.19 SAWA36 (Average Weekday Sleep Time)
This is the average amount of time spent asleep across all weekday main rest intervals with sleep, in minutes. This variable is similar to the Sueño calculated variable SAWA101; however, SAWA36 is calculated based on data generated by Actiware software before data cleaning and imputation.

3.20 SAWA101 (Average Weekday Sleep Time)
This is the average amount of time, in minutes, spent asleep between the sleep onset and sleep offset times across all weekday main rest intervals with sleep.

3.21 SAWA35 (Average Weekend Sleep Time)
This is the average amount of time spent asleep across all weekend main rest intervals with sleep, in hours. This variable is similar to the Sueño calculated variable SAWA148; however, SAWA35 is calculated based on data generated by Actiware software before data cleaning and imputation.

3.22 SAWA148 (Average Weekend Sleep Time)
This is the average amount of time, in minutes, spent asleep between the sleep onset and sleep offset times across all weekend main rest intervals with sleep.

3.23 SAWA195 (Average Workday Sleep Time)
This is the average amount of time, in minutes, spent asleep between the sleep onset and sleep offset times across all workday main rest intervals with sleep.

3.24 SAWA242 (Average Non-workday Sleep Time)
This is the average amount of time, in minutes, spent asleep between the sleep onset and sleep offset times across all non-workday main rest intervals with sleep.

3.25 SAWA289 (Average Reliable Day Sleep Time)
This is the average amount of time, in minutes, spent asleep between the sleep onset and sleep offset times across all reliable day main rest intervals with sleep.

3.26 SAWA48 (Average Sleep Duration in Main Rest and Naps)

This is the average total sleep time, in minutes, within the main rest interval and naps, across all days. This is the sum of sleep time in sleep intervals (sleep onset to sleep offset) and naps across all days, divided by the total number of days in the recording.

3.27 SAWA95 (Average Weekday Sleep Duration in Main Rest and Naps)
This is the average total sleep time across all weekday days.

3.28 SAWA142 (Average Weekend Sleep Duration in Main Rest and Naps)
This is the average total sleep time across all weekend days.

3.29 SAWA189 (Average Workday Sleep Duration in Main Rest and Naps)
This is the average total sleep time across all workday days.

3.30 SAWA236 (Average Non-workday Sleep Duration in Main Rest and Naps)
This is the average total sleep time across non-workdays.

3.31 SAWA283 (Average Reliable Sleep Duration in Main Rest and Naps)
This is the average total sleep time across all reliable days.

3.32 SAWA19 (Average Sleep Onset Latency)
This is the average duration, in minutes, between time in bed and sleep onset, across all main rest intervals with sleep. This variable is similar to SAWA56; however, SAWA19 is generated by Actiware software before data optimization.

3.33 SAWA56 (Average Sleep Onset Latency)
This is the average duration of time, in minutes, between time in bed and sleep onset, across all main rest intervals with sleep. This variable refers to the amount of time that a person spent in bed before falling asleep.

3.34 SAWA103 (Average Weekday Sleep Onset Latency)
This is the average duration of time, in minutes, between time in bed and sleep onset, across all weekday main rest intervals with sleep.

3.35 SAWA150 (Average Weekend Sleep Onset Latency)
This is the average duration of time, in minutes, between time in bed and sleep onset, across all weekend main rest intervals with sleep.

3.36 SAWA197 (Average Workday Sleep Onset Latency)
This is the average duration of time, in minutes, between time in bed and sleep onset, across all workday main rest intervals with sleep.

3.37 SAWA244 (Average Non-workday Sleep Onset Latency)
This is the average duration of time, in minutes, between time in bed and sleep onset, across all non-workday main rest intervals with sleep.

3.38 SAWA291 (Average Reliable Day Sleep Onset Latency)
This is the average duration of time, in minutes, between time in bed and sleep onset, across all reliable day main rest intervals with sleep.

3.39 SAWA20 (Average Snooze Time)

This is the average duration of time, in minutes, between sleep offset and out of bed time, across all main rest intervals with sleep. This variable is similar to SAWA58; however, SAWA20 is generated by Actiware software before data optimization.

3.40 SAWA58 (Average Snooze Time)
This is the average duration of time, in minutes, between sleep offset and out of bed time, across all main rest intervals with sleep. This variable refers to the amount of time, on average, that a person spent in bed after waking up, until they got out of bed.

3.41 SAWA105 (Average Weekday Snooze Time)
This is the average duration of time, in minutes, between sleep offset and out of bed time, across all weekday main rest intervals with sleep.

3.42 SAWA152 (Average Weekend Snooze Time)
This is the average duration of time, in minutes, between sleep offset and out of bed time, across all weekend main rest intervals with sleep.

3.43 SAWA199 (Average Workday Snooze Time)
This is the average duration of time, in minutes, between sleep offset and out of bed time, across all workday main rest intervals with sleep.

3.44 SAWA246 (Average Non-workday Snooze Time)
This is the average duration of time, in minutes, between sleep offset and out of bed time, across all non-workday main rest intervals with sleep.

3.45 SAWA293 (Average Reliable Day Snooze Time)
This is the average duration of time, in minutes, between sleep offset and out of bed time, across all reliable day main rest intervals with sleep.

3.46 SAWA22 (Average WASO Actiware)
This is the average wake time from sleep onset to sleep offset, in minutes, across all main rest intervals with sleep. This variable is similar to SAWA57; however, SAWA22 is generated by Actiware software before data optimization.

3.47 SAWA57 (Average WASO)
This is the average amount of wake time from sleep onset to sleep offset, in minutes, across all main rest intervals with sleep. This variable refers to the total amount of time that a person spent awake after falling asleep and before waking up for the day.

3.48 SAWA104 (Average Weekday WASO)
This is the average amount of wake time from sleep onset to sleep offset across all weekday main rest intervals with sleep.

3.49 SAWA151 (Average Weekend WASO)
This is the average amount of wake time from sleep onset to sleep offset, in minutes, across all weekend main rest intervals with sleep.

3.50 SAWA198 (Average Workday WASO)
This is the average amount of wake time from sleep onset to sleep offset, in minutes, across all workday main rest intervals with sleep.

3.51 SAWA245 (Average Non-workday WASO)
This is the average amount of wake time from sleep onset to sleep offset, in minutes, across all non-workday main rest intervals with sleep.

3.52 SAWA292 (Average Reliable Day WASO)
This is the average amount of wake time from sleep onset to sleep offset, in minutes, across all reliable day main rest intervals with sleep.

3.53 SAWA46 (Average Wake Time in Main Rest Intervals)
This is the average amount of wake time across all main rest intervals. This variable is similar to SAWA59; however, SAWA46 is generated by Actiware software before data optimization.

3.54 SAWA59 (Average Wake Time in Main Rest Intervals)
This is the average amount of wake time, in minutes, across all main rest intervals. This refers to the amount of time that a person spent awake between getting in bed and getting out of bed.

3.55 SAWA106 (Average Wake Time in Weekday Main Rest Intervals)
This is the average amount of wake time, in minutes, across all weekday main rest intervals.

3.56 SAWA153 (Average Wake Time in Weekend Main Rest Intervals)
This is the average amount of wake time, in minutes, across all weekend main rest intervals.

3.57 SAWA200 (Average Wake Time in Workday Main Rest Intervals)
This is the average amount of wake time, in minutes, across all workday main rest intervals.

3.58 SAWA247 (Average Wake Time in Non-workday Main Rest Intervals)
This is the average amount of wake time, in minutes, across all non-workday main rest intervals.

3.59 SAWA294 (Average Wake Time in Reliable Day Main Rest Intervals)
This is the average amount of wake time, in minutes, across all reliable day main rest intervals.

4. SLEEP QUALITY

4.1 SAWA21 (Average Sleep Efficiency in Main Rest Intervals)
This is the average percentage of time spent asleep within each main rest interval, across all main rest intervals of at least one minute duration. This variable is similar to the Sueño calculated variable SAWA60; however, SAWA21 is generated automatically by Actiware before data optimization.

4.2 SAWA60 (Average Sleep Efficiency in Main Rest Intervals)
This is the average percentage of time spent asleep within each main rest interval, across all main rest intervals of at least one minute duration. This refers to the average percentage of time in bed that a person spent asleep.

4.3 SAWA107 (Average Sleep Efficiency in Weekday Main Rest Intervals)
This is the average percentage of time spent asleep within weekday main rest intervals.

4.4 SAWA154 (Average Sleep Efficiency in Weekend Main Rest Intervals)
This is the average percentage of time spent asleep within weekend main rest intervals**.**

4.5 SAWA201 (Average Sleep Efficiency in Workday Main Rest Intervals)
This is the average percentage of time spent asleep within workday main rest intervals.

4.6 SAWA248 (Average Sleep Efficiency in Non-workday Main Rest Intervals)
This is the average percentage of time spent asleep within non-workday main rest intervals.

4.7 SAWA295 (Average Sleep Efficiency in Reliable Main Rest Intervals)
This is the average percentage of time spent asleep within reliable day main rest intervals.

4.8 SAWA24 (Average Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all main rest intervals with sleep. This variable is similar to the Sueño calculated variable SAWA62; however, SAWA24 is generated automatically by Actiware before data optimization.

4.9 SAWA62 (Average Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all main rest intervals with sleep. This refers to the percentage of time that a person spent asleep between the time they first fell asleep and the time they woke up for the day.

4.10 SAWA34 (Average Weekday Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all weekday main rest intervals with sleep. This variable is similar to variable SAWA109; however, SAWA34 is derived from Actiware variable SAWA24 before data optimization.

4.11 SAWA109 (Average Weekday Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all weekday main rest intervals with sleep.

4.12 SAWA33 (Average Weekend Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all weekend main rest intervals with sleep. This variable is similar to variable SAWA156; however, SAWA33 is derived from Actiware variable SAWA24 before data optimization.

4.13 SAWA156 (Average Weekend Sleep Maintenance Efficiency)

This is the average percentage of time spent asleep between sleep onset and sleep offset across all weekend main rest intervals with sleep.

4.14 SAWA203 (Average Workday Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all workday main rest intervals with sleep**.**

4.15 SAWA250 (Average Non-Workday Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all non-workday main rest intervals with sleep.

4.16 SAWA297 (Average Reliable Day Sleep Maintenance Efficiency)
This is the average percentage of time spent asleep between sleep onset and sleep offset across all reliable day main rest intervals with sleep.

4.17 SAWA23 (Average Wake Bouts in Sleep Intervals)
This is the average number of continuous periods of wake, at least 30 seconds long, between sleep onset and sleep offset across all main rest intervals with sleep. This variable is similar to variable SAWA66; however, SAWA23 is generated by Actiware software before data optimization.

4.18 SAWA66 (Average Wake Bouts in Sleep Intervals)
This is the average number of continuous periods of wake, at least 30 seconds long, between sleep onset and sleep offset across all main rest intervals with sleep. This refers to the number of times that a person woke up during the night, after having initially fallen asleep and before finally waking up for the day. Note that this variable does not take the length of each wake bout into account.

4.19 SAWA113 (Average Wake Bouts in Weekday Sleep Intervals)
This is the average number of continuous periods of wake between sleep onset and sleep offset across all weekday main rest intervals with sleep.

4.20 SAWA160 (Average Wake Bouts in Weekend Sleep Intervals)
This is the average number of continuous periods of wake between sleep onset and sleep offset across all weekend main rest intervals with sleep.

4.21 SAWA207 (Average Wake Bouts in Workday Sleep Intervals)
This is the average number of continuous periods of wake between sleep onset and sleep offset across all workday main rest intervals with sleep.

4.22 SAWA254 (Average Wake Bouts in Non-workday Sleep Intervals)
This is the average number of continuous periods of wake between sleep onset and sleep offset across all non-workday main rest intervals with sleep.

4.23 SAWA301 (Average Wake Bouts in Reliable Day Sleep Intervals)
This is the average number of continuous periods of wake between sleep onset and sleep offset across all reliable day main rest intervals with sleep.

4.24 SAWA25 (Average Sleep Bouts in Sleep Intervals)
This is the average number of continuous periods of sleep, at least 30 seconds long, between sleep onset and sleep offset across all main rest intervals of at least one minute duration. This variable is similar to variable SAWA65; however, SAWA25 is generated by Actiware software before data optimization.

4.25 SAWA65 (Average Sleep Bouts in Sleep Intervals)

This is the average number of continuous periods of sleep, at least 30 seconds long, between sleep onset and sleep offset across all main rest intervals of at least one minute duration. This refers to the number of times that a person fell asleep during the night. Note that this variable does not take the length of each sleep bout into account.

4.26 SAWA112 (Average Sleep Bouts in Weekday Sleep Intervals)
This is the average number of continuous periods of sleep between sleep onset and sleep offset across all weekday main rest intervals.

4.27 SAWA159 (Average Sleep Bouts in Weekend Sleep Intervals)
This is the average number of continuous periods of sleep between sleep onset and sleep offset across all weekend main rest intervals.

4.28 SAWA206 (Average Sleep Bouts in Workday Sleep Intervals)
This is the average number of continuous periods of sleep between sleep onset and sleep offset across all workday main rest intervals.

4.29 SAWA253 (Average Sleep Bouts in Non-workday Sleep Intervals)
This is the average number of continuous periods of sleep between sleep onset and sleep offset across all non- workday main rest intervals.

4.30 SAWA300 (Average Sleep Bouts in Reliable Day Sleep Intervals)
This is the average number of continuous periods of sleep between sleep onset and sleep offset across all reliable day main rest intervals.

4.31 SAWA26 (Average of Sleep Fragmentation in Main Sleep Intervals)
This is the average fragmentation index across all main rest intervals with sleep. This variable is similar to variable SAWA64; however, SAWA26 is generated by Actiware software before data optimization.

4.32 SAWA64 (Average Sleep Fragmentation in Main Sleep Intervals)
This is the average fragmentation index across all main rest intervals with sleep. The fragmentation index of a sleep interval = [(sum of mobile epochs in sleep period / sum of all epochs in sleep period) + (number of immobile bouts that last 1 minute or less in sleep period / total number of immobile bouts in sleep period)] x100%. This refers to the sum of the percentage of the time that a person was mobile during the sleep interval and the percentage of all immobile bouts ≤1min in the sleep interval. The fragmentation index provides information on the quality of a person's sleep.

4.33 SAWA111 (Average Sleep Fragmentation in Weekday Main Sleep Intervals)
This is the average fragmentation index across all weekday main rest intervals with sleep.

4.34 SAWA158 (Average Sleep Fragmentation in Weekend Main Sleep Intervals)
This is the average sleep fragmentation index across all weekend main rest intervals with sleep.

4.35 SAWA205 (Average Sleep Fragmentation in Workday Main Sleep Intervals)
This is the average sleep fragmentation index across all workday main rest intervals with sleep.

4.36 SAWA252 (Average Sleep Fragmentation in Non-workday Main Sleep Intervals)

This is the average sleep fragmentation index across all non- workday main rest intervals with sleep.

4.37 SAWA299 (Average Sleep Fragmentation in Reliable Main Sleep Intervals)

This is the average of the fragmentation indexes across all reliable day main rest intervals with sleep.

5. SLEEP TIMING

5.1 SAWA330 (Average Time In Bed per Sleep Diary)

This is the average time at which the participant self-reported going to bed across all days in the daily sleep log.

5.2 SAWA331 (Average Time Out of Bed per Sleep Diary)

This is the average time at which the participant self-reported getting out of bed across all days in the daily sleep log.

5.3 SAWA37 (Average Time in Bed)

This is the average clock start time of all main rest intervals. This variable is similar to SAWA78; however SAWA37 is calculated based on data generated by Actiware software before data optimization.

5.4 SAWA78 (Average Time in Bed)

This is the average clock start time of all main rest intervals. This refers to the time, on average, in which the participant went to bed to try to fall asleep across all main rest intervals.

5.5 SAWA39 (Average Weekday Time in Bed)

This is the average clock start time for all weekday main rest intervals. This variable is similar to SAWA125; however SAWA39 is calculated based on data generated by Actiware software before data optimization.

5.6 SAWA125 (Average Weekday Time in Bed)

This is the average clock start time for all weekday main rest intervals.

5.7 SAWA40 (Average Weekend Time in Bed)

This is the average clock start time for all weekend main rest intervals. This variable is similar to the Sueño generated variable SAWA172; however SAWA40 is calculated based on data generated by Actiware software before data optimization.

5.8 SAWA172 (Average Weekend Time in Bed)

This is the average clock start time for all weekend main rest intervals.

5.9 SAWA219 (Average Workday Time in Bed)

This is the average clock start time for all workday main rest intervals.

5.10 SAWA266 (Average Non-Workday Time in Bed)

This is the average clock start time for all non- workday main rest intervals.

5.11 SAWA313 (Average Time in Bed on Reliable Days)
This is the average clock start time for all reliable day main rest intervals.

5.12 SAWA84 (Average Time Out of Bed)
This is the average clock end time of all main rest intervals. This refers to the time, on average, at which a person got out bed for the day, across all main rest intervals.

5.13 SAWA131 (Average Time Out of Bed on Weekdays)
This is the average clock end time for all weekday main rest intervals.

5.14 SAWA178 (Average Time Out of Bed on Weekends)
This is the average clock end time for all weekend main rest intervals.

5.15 SAWA225 (Average Time Out of Bed on Workdays)
This is the average clock end time for all workday main rest intervals.

5.16 SAWA272 (Average Time Out of Bed on Non-Workdays)
This is the average clock end time for all non-workday main rest intervals.

5.17 SAWA319 (Average Time Out of Bed on Reliable days)
This is the average clock end time for all reliable day main rest intervals.

5.18 SAWA86 (Average Main Rest Interval Midpoint)
This is the average clock time of the epoch that is exactly midway between the start and end times of each main rest interval. This is the midpoint between time in bed and time out of bed, across all main rest intervals.

5.19 SAWA133 (Average Weekday Main Rest Interval Midpoint)
This is the average clock time of the epoch that is exactly midway between the start and end times of each weekday main rest interval.

5.20 SAWA180 (Average Weekend Main Rest Interval Midpoint)
This is the average clock time of the epoch that is exactly midway between the start and end times of each weekend main rest interval.

5.21 SAWA227 (Average Workday Main Rest Interval Midpoint)
This is the average clock time of the epoch that is exactly midway between the start and end times of each workday main rest interval.

5.22 SAWA274 (Average Non-workday Main Rest Interval Midpoint)
This is the average clock time of the epoch that is exactly midway between the start and end times of each non-workday main rest interval.

5.23 SAWA321 (Average Reliable Main Rest Interval Midpoint)
This is the average clock time of the epoch that is exactly midway the start and end times of each reliable day main rest interval.

5.24 SAWA41 (Average Sleep Onset Time)

This is the average time of the first epoch of sleep across all main rest intervals with sleep. This variable is similar to variable SAWA80; however, SAWA41 is calculated based on data generated by Actiware software before data optimization.

5.25 SAWA80 (Average Main Sleep Onset)
This is the average clock time of the first epoch of sleep across all main rest intervals with sleep. This refers to the clock time at which the person first fell asleep for his/her nightly sleep.

5.26 SAWA43 (Average Weekday Sleep Onset)
This is the average clock time of the first epoch of sleep across all weekday main rest intervals with sleep. This variable is similar to variable SAWA127; however, SAWA43 is calculated based on data generated by Actiware software before data optimization.

5.27 SAWA127 (Average Weekday Main Sleep Onset)
This is the average clock time of the first epoch of sleep across all weekday main rest intervals with sleep.

5.28 SAWA44 (Average Weekend Sleep Onset)
This is the average clock time of the first epoch of sleep across all weekend main rest intervals with sleep. This variable is similar to variable SAWA174; however, SAWA44 is calculated based on data generated by Actiware software before data optimization.

5.29 SAWA174 (Average Weekend Main Sleep Onset)
This is the average clock time of the first epoch of sleep across all weekend main rest intervals with sleep.

5.30 SAWA221 (Average Workday Main Sleep Onset)
This is the average clock time of the first epoch of sleep across all workday main rest intervals with sleep.

5.31 SAWA268 (Average Non-workday Main Sleep Onset)
This is the average clock time of the first epoch of sleep across all non-workday main rest intervals with sleep.

5.32 SAWA315 (Average Reliable Day Main Sleep Onset)
This is the average clock time of the first epoch of sleep across all reliable day main rest intervals with sleep.

5.33 SAWA82 (Average Main Sleep Offset)
This is the average clock time of the last epoch of sleep across all main rest intervals with sleep. This refers to the clock time at which the person wakes up for the day.

5.34 SAWA129 (Average Weekday Main Sleep Offset)
This is the average clock time of the last epoch of sleep across all weekday main rest intervals with sleep.

5.35 SAWA176 (Average Weekend Main Sleep Offset)
This is the average clock time of the last epoch of sleep across all weekend main rest intervals with sleep.

5.36 SAWA223 (Average Workday Main Sleep Offset)
This is the average clock time of the last epoch of sleep across all workday main rest intervals with sleep.

5.37 SAWA270 (Average Non-workday Main Sleep Offset)
This is the average clock time of the last epoch of sleep across all non-workday main rest intervals with sleep.

5.38 SAWA317 (Average Reliable Day Main Sleep Offset)
This is the average clock time of the last epoch of sleep across all reliable day main rest intervals with sleep.

5.39 SAWA88 (Average Sleep Interval Midpoint)
This is the average clock time of the epoch that is exactly midway between sleep onset and sleep offset across all main rest intervals with sleep.

5.40 SAWA135 (Average Weekday Sleep Interval Midpoint)
This is the average clock time that is exactly midway between sleep onset and sleep offset across all weekday main rest intervals with sleep.

5.41 SAWA182 (Average Weekend Sleep Interval Midpoint)
This is the average clock time that is exactly midway between sleep onset and sleep offset across all weekend main rest intervals with sleep.

5.42 SAWA229 (Average Workday Sleep Interval Midpoint)
This is the average clock time that is exactly midway between sleep onset and sleep offset across all workday main rest intervals with sleep.

5.43 SAWA276 (Average Non-workday Sleep Interval Midpoint)
This is the average clock time that is exactly midway between sleep onset and sleep offset across all non-workday main rest intervals with sleep.

5.44 SAWA323 (Average Reliable Sleep Interval Midpoint)
This is the average clock time that is exactly midway between sleep onset and sleep offset across all reliable day main rest intervals with sleep.

6. NAPS

6.1 SAWA333 (Percent Diary Days with Naps)
This is the percentage of days in which the participant self-reported in the daily sleep log they took a nap.

6.2 SAWA67 (Days with Any Naps)
This is the number of main rest intervals with at least one nap since the end of the previous main rest interval. This refers to the number of days on which a participant reported taking naps.

6.3 SAWA68 (Days with Naps with Sleep)
This is the number of days that have at least one nap containing any sleep time.

6.4 SAWA69 (Days with Naps with Sleep ≥ 15 Minutes)
This is the number of days that have at least one nap that contains 15 or more minutes of sleep.

6.5 SAWA114 (Weekday Days with Naps)
This is the number of weekdays with at least one nap. This refers to the number of weekdays on which a participant reported taking naps.

6.6 SAWA115 (Weekday Days with Naps with Sleep)
This is the number of weekdays that have at least one nap containing any sleep time.

6.7 SAWA116 (Weekday Days with ≥ 15 Minute Naps)
This is the number of weekdays that have at least one nap that contains 15 or more minutes of sleep.

6.8 SAWA161 (Weekend Days with Naps)
This is the number of weekend days that have at least one nap. This refers to the number of weekend days on which a participant reported taking naps.

6.9 SAWA162 (Weekend Days with Naps with Sleep)
This is the number of weekend days that have at least one nap containing any sleep time.

6.10 SAWA163 (Weekend Days with ≥ 15 Minute Naps)
This is the number of weekend days that have at least one nap that contains 15 or more minutes of sleep.

6.11 SAWA208 (Workday Days with Naps)
This is the number of workdays that have at least one nap. This refers to the number of workday days on which a participant reported taking naps.

6.12 SAWA209 (Workday Days with Naps with Sleep)
This is the number of workdays that have at least one nap containing any sleep time.

6.13 SAWA210 (Workday Days with Naps with Sleep ≥ 15 Minutes)
This is the number of workdays that have at least one nap that contains 15 or more minutes of sleep.

6.14 SAWA255 (Non-workday Days with Naps)
This is the number of non-workdays that have at least one nap. This refers to the number of Non-workday days on which a participant reported taking naps.

6.15 SAWA256 (Non-workday Days with Naps with Sleep)
This is the number of non-workdays that have at least one nap that contains any sleep time.

6.16 SAWA257 (Non-workday Days with Naps with Sleep ≥ 15 Minutes)
This is the number of non-workdays that have at least one nap that contains 15 or more minutes of sleep.

6.17 SAWA302 (Reliable Days with Naps)

This is the number of reliable days that have at least one nap. This refers to the number of reliable days on which a participant reported taking naps.

6.18 SAWA303 (Reliable Days with Naps with Sleep)
This is the number of reliable days that have at least one nap containing any sleep time.

6.19 SAWA304 (Reliable Days with Naps with Sleep ≥ 15 Minutes)
This is the number of reliable days that have at least one nap that contains 15 or more minutes of sleep.

6.20 SAWA70 (Average Number of Naps)
This is the average number of naps per day.

6.21 SAWA71 (Average Number of Naps with Sleep)
This is the average number of naps containing any sleep time across all days.

6.22 SAWA72 (Average Number of Naps with Sleep ≥ 15 Minutes)
This is the average number of naps containing 15 or more minutes of sleep across all days.

6.23 SAWA117 (Average Number of Weekday Naps)
This is the average number of naps across all weekdays.

6.24 SAWA118 (Average Number of Weekday Naps with Sleep)
This is the average number of naps containing any sleep time across all weekdays.

6.25 SAWA119 (Average Number of Weekday Naps with Sleep ≥ 15 Minutes)
This is the average number of naps containing 15 or more minutes of sleep across all weekdays.

6.26 SAWA164 (Average Number of Weekend Naps)
This is the average number of naps across all weekend days.

6.27 SAWA165 (Average Number of Weekend Naps with Sleep)
This is the average number of naps containing any sleep time across all weekend days.
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6.28 SAWA166 (Average Number of Weekend Naps with Sleep ≥ 15 Minutes)
This is the average number of naps containing 15 or more minutes of sleep across all weekend days.
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6.29 SAWA211 (Average Number of Workday Naps)
This is the average number of naps across all workdays.

6.30 SAWA212 (Average Number of Workday Naps with Sleep)
This is the average number of naps containing any sleep time across all workdays.

6.31 SAWA213 (Average Number of Workday Naps with Sleep ≥ 15 Minutes)
This is the average number of naps containing 15 or more minutes of sleep across all workdays.

6.32 SAWA258 (Average Number of Non-workday Naps)

This is the average number of naps across all non-workdays.

6.33 SAWA259 (Average Number of Non-workday Naps with Sleep)
This is the average number of naps containing any sleep time across all non-workdays.

6.34 SAWA260 (Average Number of Non-workday Naps with Sleep ≥ 15 Minutes)
This is the average number of naps containing 15 or more minutes of sleep across all non-workdays.

6.35 SAWA305 (Average Number of Reliable Day Naps)
This is the average number of naps across all reliable days.

6.36 SAWA306 (Average Number of Reliable Day Naps with Sleep)
This is the average number of naps containing any sleep time across all reliable days.

6.37 SAWA307 (Average Number of Reliable Day Naps with Sleep ≥ 15 Minutes)
This is the average number of naps containing 15 or more minutes of sleep across all reliable days.

6.38 SAWA73 (Average Sleep Time per Nap)
This is the average sleep time per nap. This refers to the average length of time spent asleep in each nap.

6.39 SAWA74 (Average Sleep Time per Nap with Sleep)
This is the average sleep time per nap when only naps that contain sleep are counted.

6.40 SAWA75 (Average Sleep Time per Nap with Sleep ≥ 15 Minutes)
This is the average sleep time per nap when only naps containing 15 or more minutes of sleep are counted.

6.41 SAWA120 (Average Sleep Time per Weekday Nap)
This is the average sleep time per weekday nap.

6.42 SAWA121 (Average Sleep Time per Weekday Nap with Sleep)
This is the average sleep time per weekday nap when only naps that contain sleep are counted.

6.43 SAWA122 (Average Sleep Time per Weekday Nap with Sleep ≥ 15 Minutes)
This is the average sleep time per weekday nap when only naps containing 15 or more minutes of sleep are counted.

6.44 SAWA167 (Average Sleep Time per Weekend Nap)
This is the average sleep time per weekend nap.

6.45 SAWA168 (Average Sleep Time per Weekend Nap with Sleep)
This is the average sleep time per weekend nap when only naps that contain sleep are counted.

6.46 SAWA169 (Average Sleep Time per Weekend Nap with Sleep ≥ 15 Minutes)

This is the average sleep time per weekend nap when only naps containing 15 or more minutes of sleep are counted.

6.47 SAWA214 (Average Sleep Time per Workday Nap)
This is the average sleep time per workday nap.

6.48 SAWA215 (Average Sleep Time per Workday Nap with Sleep)
This is the average sleep time per workday nap when only naps that contain sleep are counted.

6.49 SAWA216 (Average Sleep Time per Workday Nap with Sleep ≥ 15 Minutes)
This is the average sleep time per workday nap when only naps containing 15 or more minutes of sleep are counted.

6.50 SAWA261 (Average Sleep Time per Non-Workday Nap)
This is the average sleep time per non-workday nap.

6.51 SAWA262 (Average Sleep Time per Non-Workday Nap with Sleep)
This is the average sleep time per non-workday nap when only naps that contain sleep are counted.

6.52 SAWA263 (Average Sleep Time per Non-Workday Nap with Sleep ≥ 15 Minutes)
This is the average sleep time per non-workday nap when only naps containing 15 or more minutes of sleep are counted.

6.53 SAWA308 (Average Sleep Time per Reliable Day Nap)
This is the average sleep time per reliable day nap.

6.54 SAWA309 (Average Sleep Time per Reliable Day Nap with Sleep)
This is the average sleep time per reliable day nap when only naps that contain sleep are counted.

6.55 SAWA310 (Average Sleep Time per Reliable Day Nap with Sleep ≥ 15 Minutes)
This is the average sleep time per reliable day nap when only naps containing 15 or more minutes of sleep are counted.

6.56 SAWA76 (Average Sleep Time per Day in Naps with Sleep)
This is the average sleep time, in naps per day, across all days.

6.57 SAWA77 (Average Sleep Time per Day with Sleep ≥ 15 Minutes)
This is the average sleep time, in naps per day, across all days when only naps containing 15 or more minutes of sleep are counted.

6.58 SAWA123 (Average Sleep Time per Weekday Nap with Sleep)
This is the average sleep time, in naps per day, across all weekdays.

6.59 SAWA124 (Average Sleep Time per Weekday Nap with Sleep ≥ 15 Minutes)
This is the average sleep time, in naps per day, across all weekdays when only naps containing 15 or more minutes of sleep are counted.

6.60 SAWA170 (Average Sleep Time per Weekend Nap with Sleep)
This is the average sleep time, in naps per day, across all weekend days.

6.61 SAWA171 (Average Sleep Time per Weekend Nap with Sleep ≥ 15 Minutes)
This is the average sleep time, in naps per day, across all weekend days when only naps containing 15 or more minutes of sleep are counted.

6.62 SAWA217 (Average Sleep Time per Workday Nap with Sleep)
This is the average sleep time, in naps per day, across all workdays.

6.63 SAWA218 (Average Sleep Time per Workday Nap with Sleep ≥ 15 Minutes)
This is the average sleep time, in naps per day, across all workdays when only naps containing 15 or more minutes of sleep are counted.

6.64 SAWA264 (Average Sleep Time per Non-workday Nap with Sleep)
This is the average sleep time, in naps per day, across all non-workdays.

6.65 SAWA265 (Average Sleep Time per Non-workday Nap with Sleep ≥ 15 Minutes)
This is the average sleep time, in naps per day, across all non-workdays when only naps containing 15 or more minutes of sleep are counted.

6.66 SAWA311 (Average Sleep Time per Reliable Day Nap with Sleep)
This is the average sleep time, in naps per day, across all reliable days.

6.67 SAWA312 (Average Sleep Time per Reliable Day Nap with Sleep ≥ 15 Minutes)
This is the average sleep time, in naps per day, across all reliable days when only naps containing 15 or more minutes of sleep are counted.

7. VARIABILITY

7.1 SAWA28 (Standard Deviation of Main Rest Duration)
This is the standard deviation across all days of the main rest interval duration, in minutes. This is similar to SAWA51; however, SAWA28 is generated by Actiware software before data optimization.

7.2 SAWA51 (Standard Deviation of Main Rest Duration)
This is the standard deviation across all days of the main rest interval duration, in minutes. This refers to the variability in the nightly amount of time that a person spent in bed across all days.

7.3 SAWA98 (Standard Deviation of Weekday Main Rest Duration)
This is the standard deviation across all weekday main rest interval durations.

7.4 SAWA145 (Standard Deviation of Weekend Main Rest Duration)
This is the standard deviation across all weekend main rest interval durations.

7.5 SAWA192 (Standard Deviation of Workday Main Rest Duration)
This is the standard deviation across all workday main rest interval durations.

7.6 SAWA239 (Standard Deviation of Non-workday Main Rest Duration)
This is the standard deviation across all non-workday main rest interval durations.

7.7 SAWA286 (Standard Deviation of Reliable Day Main Rest Duration)
This is the standard deviation across all reliable day main rest interval durations.

7.8 SAWA29 (Standard Deviation of Main Sleep Duration)
This is the standard deviation across all days of the main sleep interval duration, in minutes. This variable is similar to SAWA53; however, SAWA29 is generated by Actiware software before data optimization.

7.9 SAWA53 (Standard Deviation of Main Sleep Duration)
This is the standard deviation across all days of the main sleep interval duration, in minutes. This refers to the variability in the nightly amount of time between sleep onset and sleep offset.

7.10 SAWA100 (Standard Deviation of Weekday Main Sleep Duration)
This is the standard deviation across all weekday main sleep interval durations.

7.11 SAWA147 (Standard Deviation of Weekend Main Sleep Duration)
This is the standard deviation across all weekend main sleep interval durations.

7.12 SAWA194 (Standard Deviation of Workday Main Sleep Duration)
This is the standard deviation across all workday main sleep interval durations.

7.13 SAWA241 (Standard Deviation of Non-workday Main Sleep Duration)
This is the standard deviation across all non-workday main sleep interval durations.

7.14 SAWA288 (Standard Deviation of Reliable Day Main Sleep Duration)
This is the standard deviation across all reliable day main sleep interval durations.

7.15 SAWA55 (Standard Deviation of Sleep Time)
This is the standard deviation across all days, of sleep time within the main rest interval. This refers to the variability in the nightly amount of sleep.

7.16 SAWA102 (Standard Deviation of Weekday Sleep Time)
This is the standard deviation across all weekday days, of sleep time within the main rest interval.

7.17 SAWA149 (Standard Deviation of Weekend Sleep Time)
This is the standard deviation across all weekend days, of sleep time within the main rest interval.

7.18 SAWA196 (Standard Deviation of Workday Sleep Time)
This is the standard deviation across all workday days, of sleep time within the main rest interval.

7.19 SAWA243 (Standard Deviation of Non-Workday Sleep Time)
This is the standard deviation across all non-workday days, of sleep time within the main rest interval.

7.20 SAWA290 (Standard Deviation of Reliable Day Sleep Time)
This is the standard deviation across all reliable days, of sleep time within the main rest interval.

7.21 SAWA96 (Standard Deviation of Sleep Duration in Weekday Main Rest and Naps)
This is the standard deviation across all weekdays, of total sleep time.

7.22 SAWA143 (Standard Deviation of Sleep Duration in Weekend Main Rest and Naps)
This is the standard deviation across all weekend days, of total sleep time.

7.23 SAWA190 (Standard Deviation of Sleep Duration in Workday Main Rest and Naps)
This is the standard deviation across all workdays, of total sleep time.

7.24 SAWA237 (Standard Deviation of Sleep Duration in Non-workday Main Rest and Naps)
This is the standard deviation across all non-workdays, of total sleep time.

7.25 SAWA284 (Standard Deviation of Sleep Duration in Reliable Main Rest and Naps)
This is the standard deviation across all reliable days, of total sleep time.

7.26 SAWA38 (Standard Deviation of Average Time in Bed)
This is the standard deviation across all days, of main rest interval start times. This variable is similar to SAWA79; however, SAWA38 is calculated based on data generated by Actiware software before data optimization.

7.27 SAWA79 (Standard Deviation of Time in Bed)
This is the standard deviation across all days, of main rest interval start times. This refers to the variability in the times at which a person went to bed for nightly sleep.

7.28 SAWA126 (Standard Deviation of Weekday Time in Bed)
This is the standard deviation across all weekdays, of main rest interval start time.

7.29 SAWA173 (Standard Deviation of Weekend Time in Bed)
This is the standard deviation across all weekend days, of main rest interval start time.

7.30 SAWA220 (Standard Deviation of Workday Time in Bed)
This is the standard deviation across all workdays, of main rest interval start time.

7.31 SAWA267 (Standard Deviation of Non-Workday Time in Bed)
This is the standard deviation across all non-workdays, of main rest interval start time.

7.32 SAWA314 (Standard Deviation of Reliable Day Time in Bed)
This is the standard deviation across all reliable days, of main rest interval start time.

7.33 SAWA85 (Standard Deviation of Time Out of Bed)
This is the standard deviation across all days, of main rest interval end times. This refers to the variability in the times at which a person gets out of bed, across all days.

7.34 SAWA132 (Standard Deviation of Weekday Time Out of Bed)

This is the standard deviation across all weekdays, of main rest interval end time.

7.35 SAWA179 (Standard Deviation of Weekend Time Out of Bed)
This is the standard deviation across all weekend days, of main rest interval end time.

7.36 SAWA226 (Standard Deviation of Workday Time Out of Bed)
This is the standard deviation across all workdays, of main rest interval end time.

7.37 SAWA273 (Standard Deviation of Non-Workday Time Out of Bed)
This is the standard deviation across all non-workdays, of main rest interval end time.

7.38 SAWA320 (Standard Deviation of Reliable Day Time Out of Bed)
This is the standard deviation across all reliable days, of main rest interval end time.

7.39 SAWA87 (Standard Deviation of Main Rest Midpoints)
This is the standard deviation across all days, of main rest interval midpoint. This refers to the variability in the clock time at which the midpoint between time in bed and time out of bed occurs.

7.40 SAWA134 (Standard Deviation of Weekday Main Rest Midpoints)
This is the standard deviation across all weekdays, of main rest interval midpoint.

7.41 SAWA181 (Standard Deviation of Weekend Main Rest Midpoints)
This is the standard deviation across all weekend days, of main rest interval midpoint.

7.42 SAWA228 (Standard Deviation of Workday Main Rest Midpoints)
This is the standard deviation across all workdays, of main rest interval midpoint.

7.43 SAWA275 (Standard Deviation of Non-workday Main Rest Midpoints)
This is the standard deviation across all non-workdays, of main rest interval midpoint.

7.44 SAWA322 (Standard Deviation of Reliable Main Rest Midpoints)
This is the standard deviation across all reliable days, of main rest interval midpoint.

7.45 SAWA42 (Standard Deviation of Sleep Onset Times)
This is the standard deviation across all days, of the sleep onset time within main rest intervals with sleep. This variable is similar to variable SAWA81; however SAWA42 is calculated based on data generated by Actiware software before data optimization.

7.46 SAWA81 (Standard Deviation of Sleep Onset)
This is the standard deviation across all days, of the sleep onset time within main rest intervals with sleep. This refers to the variability in the clock time at which a person first fell asleep in his/her main sleep period.

7.47 SAWA128 (Standard Deviation of Weekday Sleep Onset)
This is the standard deviation across all weekdays, of the sleep onset time within main rest intervals with sleep.

7.48 SAWA175 (Standard Deviation of Weekend Sleep Onset)

This is the standard deviation across all weekend days, of the sleep onset time within main rest intervals with sleep.

7.49 SAWA222 (Standard Deviation of Workday Sleep Onset)
This is the standard deviation across all workdays, of the sleep onset time within main rest intervals with sleep.

7.50 SAWA269 (Standard Deviation of Non-workday Sleep Onset)
This is the standard deviation across all non-workdays, of the sleep onset time within main rest intervals with sleep.

7.51 SAWA316 (Standard Deviation of Reliable Day Sleep Onset)
This is the standard deviation across all reliable days, of the sleep onset time within main rest intervals with sleep.

7.52 SAWA83 (Standard Deviation of Sleep Offset)
This is the standard deviation across all days, of the sleep offset time within main rest intervals with sleep. This refers to the variability in the clock time at which the person wakes up for the day.

7.53 SAWA130 (Standard Deviation of Weekday Sleep Offset)
This is the standard deviation across all weekdays, of the sleep offset time within main rest intervals with sleep.

7.54 SAWA177 (Standard Deviation of Weekend Sleep Offset)
This is the standard deviation across all weekend days, of the sleep offset time within main rest intervals with sleep.

7.55 SAWA224 (Standard Deviation of Workday Sleep Offset)
This is the standard deviation across all workdays, of the sleep offset time within main rest intervals with sleep.

7.56 SAWA271 (Standard Deviation of Non-workday Sleep Offset)
This is the standard deviation across all non-workdays, of the sleep offset time within main rest intervals with sleep.

7.57 SAWA318 (Standard Deviation of Reliable Day Sleep Offset)
This is the standard deviation across all reliable days, of the sleep offset time within main rest intervals with sleep.

7.58 SAWA89 (Standard Deviation of Main Sleep Midpoint)
This is the standard deviation across all days, of the midpoint between sleep onset and sleep offset within the main rest interval. This refers to the variability in the clock time of a person's midpoint of sleep.

7.59 SAWA136 (Standard Deviation of Weekday Main Sleep Midpoint)
This is the standard deviation across all weekdays, of the midpoint between sleep onset and sleep offset within main rest intervals.

7.60 SAWA183 (Standard Deviation of Weekend Main Sleep Midpoint)

This is the standard deviation across all weekend days, of the midpoint between sleep onset and sleep offset within main rest intervals.

7.61 SAWA230 (Standard Deviation of Workday Main Sleep Midpoint)
This is the standard deviation across all workdays, of the midpoint between sleep onset and sleep offset within main rest intervals.

7.62 SAWA277 (Standard Deviation of Non-workday Main Sleep Midpoint)
This is the standard deviation across all non-workdays, of the midpoint between sleep onset and sleep offset within main rest intervals.

7.63 SAWA324 (Standard Deviation of Reliable Main Sleep Midpoint)
This is the standard deviation across all reliable days, of the midpoint between sleep onset and sleep offset within main rest intervals.

7.64 SAWA61 (Standard Deviation of Main Rest Sleep Efficiency)
This is the standard deviation across all days, of the main rest interval sleep efficiency. This refers to the variability in the proportion of time spent in bed that a person was sleeping, expressed as a percentage.

7.65 SAWA108 (Standard Deviation of Weekday Main Rest Sleep Efficiency)
This is the standard deviation across all weekdays, of the sleep efficiency.

7.66 SAWA155 (Standard Deviation of Weekend Main Rest Sleep Efficiency)
This is the standard deviation across all weekend days, of the sleep efficiency.

7.67 SAWA202 (Standard Deviation of Workday Main Rest Sleep Efficiency)
This is the standard deviation across all workdays, of the sleep efficiency.

7.68 SAWA249 (Standard Deviation of Non-workday Main Rest Sleep Efficiency)
This is the standard deviation across all non-workdays, of the sleep efficiency.

7.69 SAWA296 (Standard Deviation of Reliable Day Main Rest Sleep Efficiency)
This is the standard deviation across all reliable days, of the sleep efficiency.

7.70 SAWA30 (Standard Deviation of Main Rest Sleep Maintenance Efficiency)
This is the standard deviation across all days, of the percentage of sleep time between sleep onset and sleep offset within main rest intervals. This variable is similar to variable SAWA63; however, SAWA30 is generated automatically by Actiware before data optimization.

7.71 SAWA63 (Standard Deviation of Main Sleep Maintenance Efficiency)
This is the standard deviation across all days, of the main rest interval sleep maintenance efficiency. This refers to the variability in the proportion of time between sleep onset and sleep offset that was spent sleeping, expressed as a percentage.

7.72 SAWA110 (Standard Deviation of Weekday Main Sleep Maintenance Efficiency)
This is the standard deviation across all weekdays, of the percentage of sleep time between sleep onset and sleep offset within main rest intervals.

7.73 SAWA157 (Standard Deviation of Weekend Main Sleep Maintenance Efficiency)

This is the standard deviation across all weekend days, of the main rest interval sleep maintenance efficiency.

7.74 SAWA204 (Standard Deviation Main Workday Sleep Maintenance Efficiency)

This is the standard deviation across all workdays, of the main rest interval sleep maintenance efficiency.

7.75 SAWA251 (Standard Deviation of Non-work Main Sleep Maintenance Efficiency)

This is the standard deviation across all non-workdays, of the main rest interval sleep maintenance efficiency.

7.76 SAWA298 (Standard Deviation of Reliable Day Main Sleep Maintenance Efficiency)

This is the standard deviation across all reliable days, of the main rest interval sleep maintenance efficiency.

7.77 SAWA338 (Inter-day Stability)

This is a measure of invariability (or similarity) of sleep wake patterns over a 24-hour period across a 7-day recording. For a variable x(i) that defines sleep-wake status at each epoch i, the inter-day stability is calculated as the proportion of the total variance in x(i) explained by the clock time (in 1-hour bins) that the epoch is in. The inter-day stability can range from 0 (when the 1-hour bins explain none of the variance in sleep-wake status) to 1 (when the 1-hour bins explain all of the variance). Note, that the inter-day stability utilizes the most complete 7 continuous days of recording and is set to missing if 7 consecutive valid days are not present.

For more information, see:

Van Someren EJW et al. Bright light therapy: improved sensitivity to its effects on rest-activity rhythms in Alzheimer patients by application of nonparametric methods. Chronobiol Int 1999; 16(4): 505-18.

7.78 SAWA339 (Intra-day Variability)

This is a measure of the fragmentation of the sleep-wake pattern assessed on an hourly basis across a 7-day recording. It is calculated as the ratio of the mean squares of the difference between the proportion of sleep in all successive hours and the overall variance across all epochs in the 7-day recording. Note, that the intra-day variability utilizes the most complete 7 continuous days of recording and is set to missing if 7 consecutive valid days are not present.

For more information, see:

Van Someren EJW et al. Bright light therapy: improved sensitivity to its effects on rest-activity rhythms in Alzheimer patients by application of nonparametric methods. Chronobiol Int 1999; 16(4): 505-18.

8. LIGHT

8.1 SAWA17 (Average White Light Exposure in Main Rest Intervals)

This is the average white light intensity, in lux, between sleep onset and sleep offset times across all main rest intervals with sleep, as generated by Actiware before data optimization.

8.2 SAWA27 (Average Daily White Light Exposure)
This is the average white light intensity, in lux over the entire day, as generated by Actiware before data optimization.

8.3 SAWA90 (Average White Light Duration above Lux Threshold)
This is the average duration per day that white light intensity was above 1000 lux across all days, in minutes.

8.4 SAWA137 (Average Weekday White Light Duration above Lux Threshold)
This is the average duration per weekday that white light intensity was above 1000 lux.

8.5 SAWA184 (Average Weekend White Light Duration above Lux Threshold)
This is the average duration per weekend day that white light intensity was above 1000 lux.

8.6 SAWA231 (Average Workday White Light Duration above Lux Threshold)
This is the average duration per workday that white light intensity was above 1000 lux.

8.7 SAWA278 (Average Non-workday White Light Duration above Lux Threshold)
This is the average duration per non-workday that white light intensity was above 1000 lux.

8.8 SAWA325 (Average Reliable White Light Duration above Lux Threshold)
This is the average duration per reliable day that white light intensity was above 1000 lux.

8.9 SAWA91 (Average Blue Light Duration above Irradiance Threshold)
This is the average duration per day that blue light intensity was above 1000 µW/cm².

8.10 SAWA138 (Average Weekday Blue Light Duration above Irradiance Threshold)
This is the average duration per weekday that blue light intensity was above 1000 µW/cm².

8.11 SAWA185 (Average Weekend Blue Light Duration above Irradiance Threshold)
This is the average duration per weekend day that blue light intensity was above 1000 µW/cm².

8.12 SAWA232 (Average Workday Blue Light Duration above Irradiance Threshold)
This is the average duration per workday that blue light intensity was above 1000 µW/cm².

8.13 SAWA279 (Average Non-workday Blue Light Duration above Irradiance Threshold)
This is the average duration per non-workday that blue light intensity was above 1000 µW/cm².

8.14 SAWA326 (Average Reliable Blue Light Duration above Irradiance Threshold)
This is the average duration per reliable day that blue light intensity was above 1000 µW/cm².

8.15 SAWA92 (Average Green Light Duration above Irradiance Threshold)
This is the average duration per day that green light intensity was above 1000 µW/cm² across all days, in minutes.

8.16 SAWA139 (Average Weekday Green Light Duration above Irradiance Threshold)
This is the average duration per weekday that green light intensity was above 1000 µW/cm².

8.17 SAWA186 (Average Weekend Green Light Duration above Irradiance Threshold)
This is the average duration per weekend day that green light intensity was above 1000 µW/cm².

8.18 SAWA233 (Average Workday Green Light Duration above Irradiance Threshold)
This is the average duration per workday that green light intensity was above 1000 µW/cm².

8.19 SAWA280 (Average Non-workday Green Light Duration above Irradiance Threshold)
This is the average duration per non-workday that green light intensity was above 1000 µW/cm².

8.20 SAWA327 (Average Reliable Green Light Duration above Irradiance Threshold)
This is the average duration per reliable day that green light intensity was above 1000 µW/cm².

8.21 SAWA93 (Average Red Light Duration above Irradiance Threshold)
This is the average duration per day that red light intensity was above 1000 µW/cm² across all days, in minutes.

8.22 SAWA140 (Average Weekday Red Light Duration above Irradiance Threshold)
This is the average duration per weekday that red light intensity was above 1000 µW/cm².

8.23 SAWA187 (Average Weekend Red Light Duration above Irradiance Threshold)
This is the average duration per weekend day that red light intensity was above 1000 µW/cm².

8.24 SAWA234 (Average Workday Red Light Duration above Irradiance Threshold)
This is the average duration of red light above 1000 µW/cm² across all workdays.

8.25 SAWA281 (Average Non-workday Red Light Duration above Irradiance Threshold)
This is the average duration per non-workday that red light intensity was above 1000 µW/cm².

8.26 SAWA328 (Average Reliable Red Light Duration above Irradiance Threshold)
This is the average duration per reliable day that red light intensity was above 1000 µW/cm².

9. ACTIVITY

9.1 SAWA334 (Average Activity in Active Intervals)
This is the average activity count per minute, across all time spent in an active interval. An active interval is any time outside of a rest interval.

9.2 SAWA335 (Average Activity in Sleep Interval)
This is the average activity count per minute, across all time spent in main sleep intervals (sleep onset to sleep offset).

9.3 SAWA336 (Average Activity in Naps)

This is the average activity count per minute, across all time spent in a nap interval.

9.4 SAWA337 (Average Activity Across all Valid Days)

This is the average activity count per minute, across all days.