

Shleep Logger User Manuel

Brian Ferguson

Introduction

"Shleep Logger" is short for "csharp sleep logger". The program is made to accept sleep log data and present it to the user in linear graphs. It also performs light analysis on the inputted sleep data to show the user how and when they sleep.

You do not necessarily need to use the program to save your logs. If you are one who does not use your computer often, it may be necessary to log your sleep on paper. Then when you have reached a sufficient amount of logs (2 weeks or more), you can quickly input these logs into the program to view them in a more visual manner.

Requirements

- .NET Framework 4.0
- Windows Installer 3.1 or higher

Note: If you are installing this program and you do not have the required software, the installer may prompt to download and install them appropriately.

Logging Sleep

Before I get into the workings of Shleep Logger I'm going to go over sleep logging as it is important to know how you are going to log. I highly recommend logging on paper if you fall asleep all throughout the day or if you fall asleep more than 3 times a cycle. If you log on the computer (whether it be in notepad or directly in the program) you may get distracted by other programs and work that needs to be done. Those who fall asleep for short periods of time during the day should use a small notebook using one page per day. If you have a backpack on you for most of the day you can carry a clipboard with loose leaf or charts (your sleep doctor may give you these).

Depending on your condition and experiences you may be able to accurately denote when you enter REM sleep. If you sleep several times a cycle it may be beneficial to log the times you get REM sleep. You can mark the sleep sessions with a dash to indicate probable REM sleep. I fall asleep many times a cycle, even sometimes while standing in lit areas. I feel that I have a good ability tell when I enter REM. These are what I think you should look out for if you want to log REM.

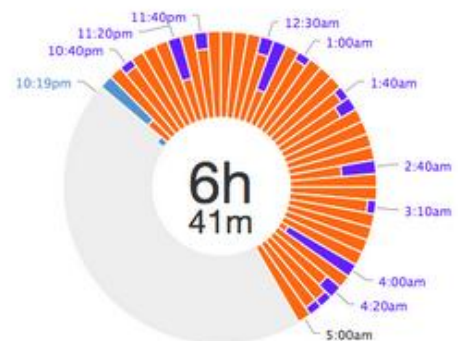
1. Vivid dreams, Especially the ones you don't remember but you would like to because it felt like something important. (unless you wake from REM, in this case you will wake with elevated heart rate and breathing and it will be very obvious that you entered REM regardless of the dream)
2. You feel that your days thoughts have been sorted out
3. You can recall elevated heart rate and or breathing
4. If you enter REM upright it will onset a overwhelming feeling it the spine

At night it is common for one to have trouble determining if and when he/she falls asleep. Especially in complete darkness as sleep will seem to mesh with reality. If you can move around freely (not from discomfort) you are awake. If you spend much of your time in bed at night awake, consider buying a sleep tracker for accurate analysis of night-time sleep. I recommend the LARK. Which is a bracelet that monitors movements and send the information to an IOS device (Ipad, ipod touch, iphone).

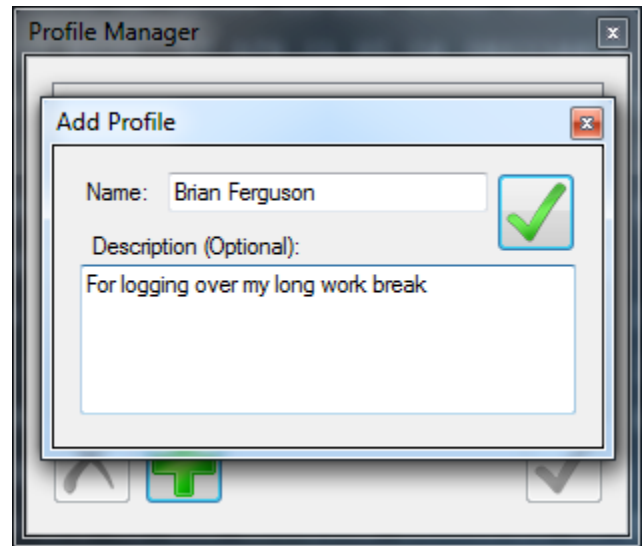


Sleep Pattern

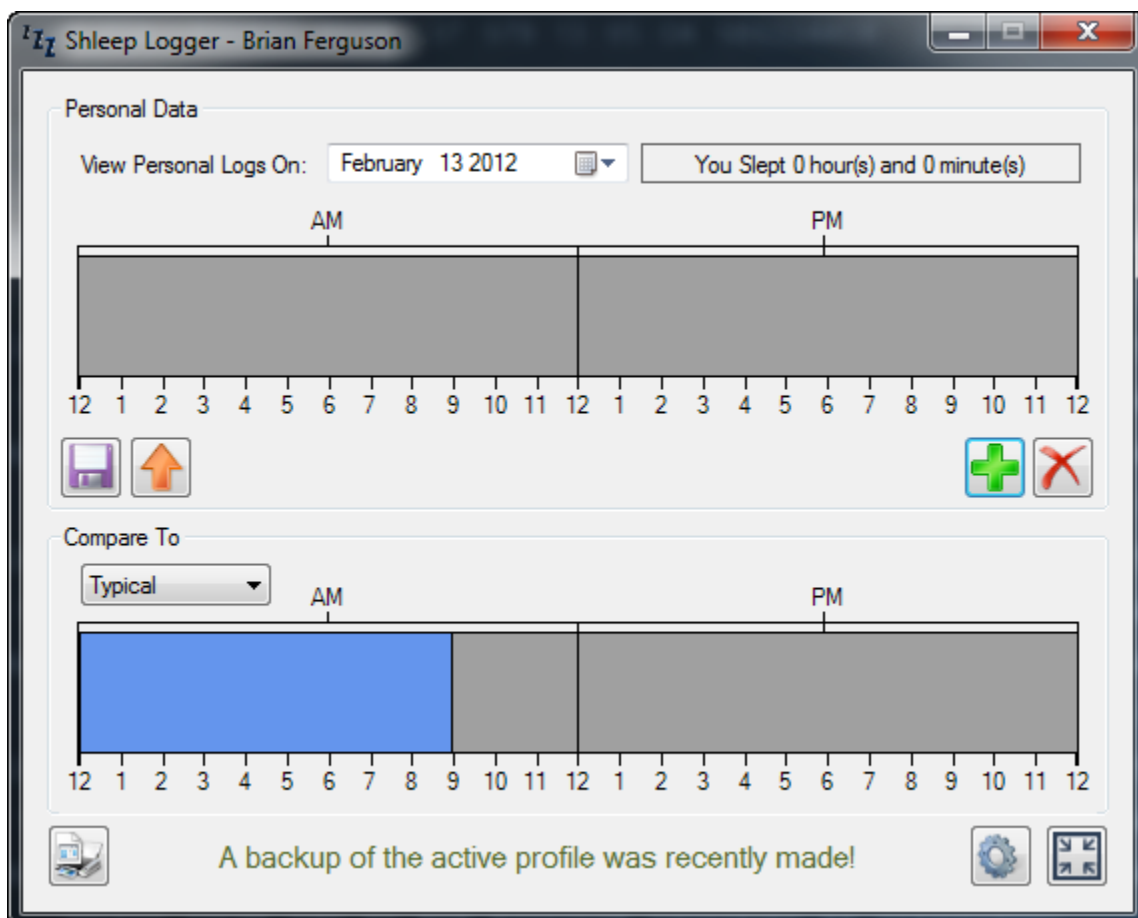
Total time in bed **6h 41m**
Bedtime **10:19 PM**
Wake Up **5:00 AM**



Before you do anything in the program, you must create a profile. When you first boot the app, click the green plus to add a profile. Then enter a name if you have to, and a description if you want to. Press the check button to add the profile. You can then select and load the profile into the main window. The profile will hold all of your sleep log. The save button on the main window will allow you to manually save changes made to your profile.

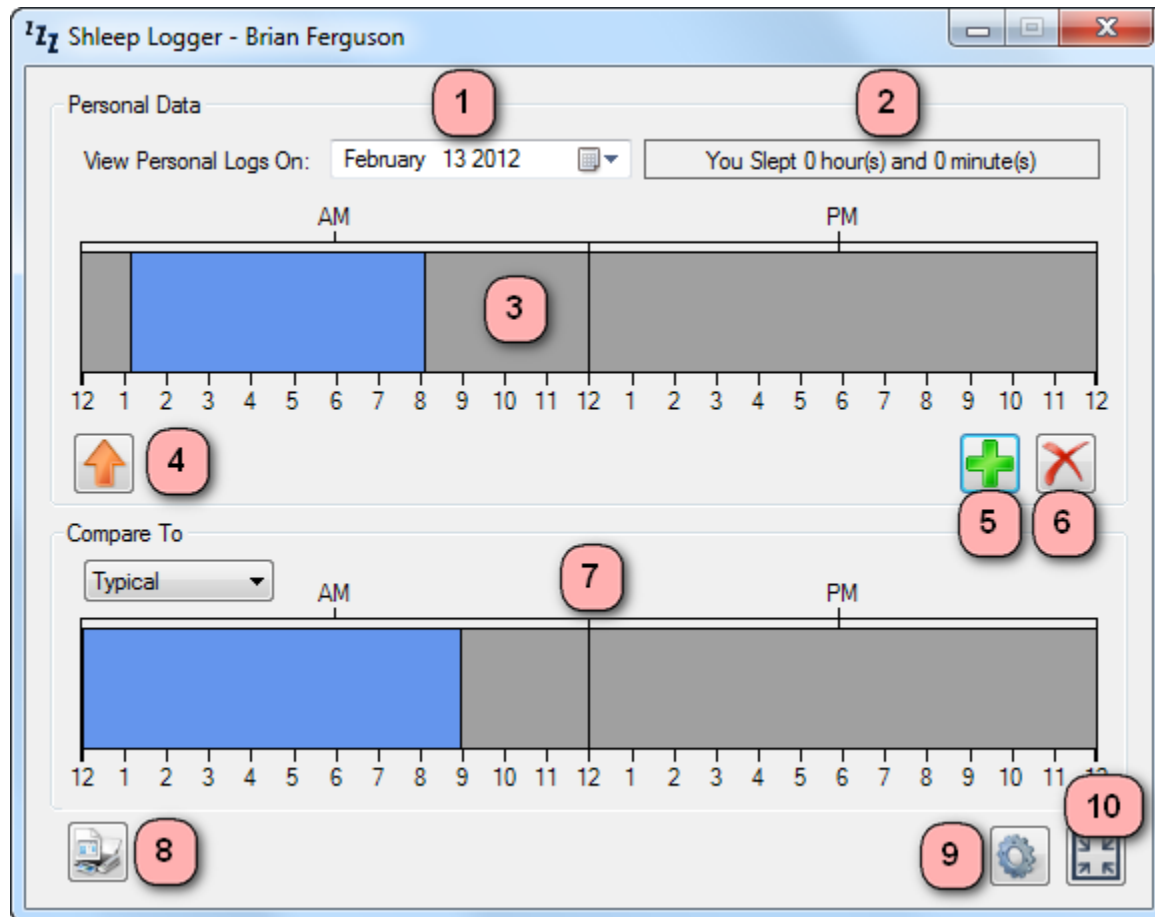


Changes to the profile will automatically save when the application exits. By default the program creates a backup of your profile every ten changes. The backup will be placed in your "My Documents" directory. A message will appear for awhile to show the profile has been backed up.



The Main Window

The main window loads up data from the specified profile. From this window you can add remove sleep sessions to the profile as well as view additional information about your profile as a whole (more on this).

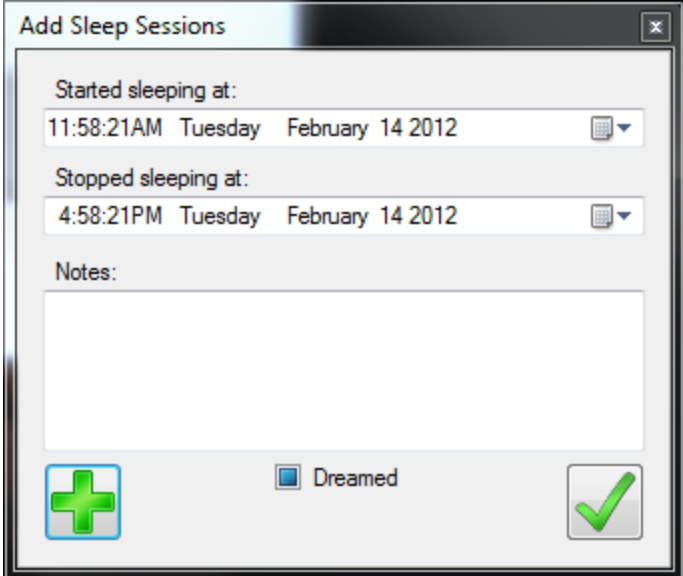


1. The date to view logs on, when you start the program it will be set to the current date.
2. The amount of time slept in that cycle
3. The cycle graph that shows the data you have created.
4. The update Check button. Checks for updates, if a newer version is detected the program will direct you to the latest version.
5. The Add Sleep Session button. To add a sleep session to your profile.

6. The Remove Sleep Session button. Removes the selected sleep session.
7. The "Compare To Graph". Allows for easy comparison of sleep data. Compare to will hold preset cycle logs.
8. The "Print Setup" button opens a custom setup form where you can conveniently specify how you want your profile data to be presented.
9. The "Settings Button" will open a new window with a handful of options.
10. The "Minimize To Tray" button will minimize the program to system tray. If you right click the tray icon you will notice that you can show, exit or add sleep sessions.

Sleep Sessions

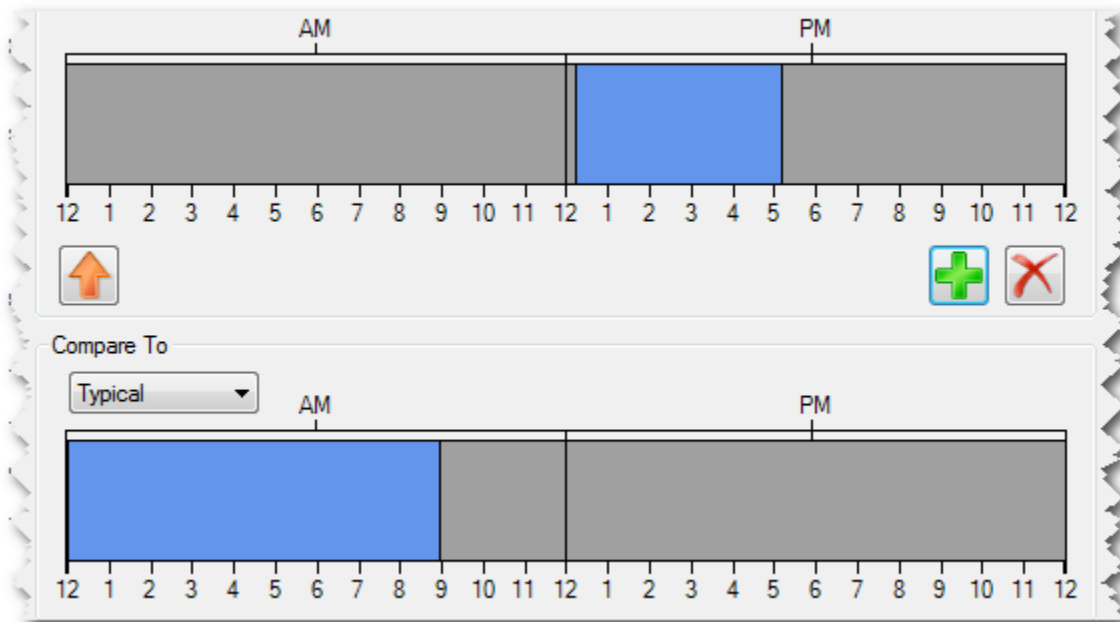
A sleep session is start time and length of each individual time you fall asleep. In the program you specify the start and stop times of the session. The session can also hold notes about the session and whether or not you dreamed (indicates REM). The sleep sessions are presented to you on the cycle graph. To add a session click the "plus" button on the main window and a add session dialog will appear. The default date and time will be set to the current time. From here you specify the time you fall asleep to the time you wake up. When you're done make sure to press the "plus" button to add the session. When you're finished adding sessions press the "green check". Only change the dates if you are submitting logs from a day other than the current. Or you have slept into another day.



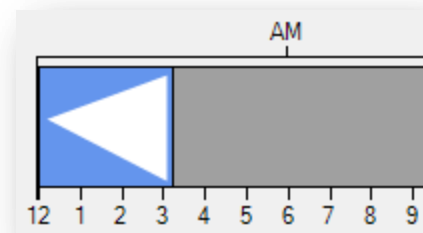
The screenshot shows a dialog box titled "Add Sleep Sessions". It contains two time selection fields: "Started sleeping at:" with the value "11:58:21AM Tuesday February 14 2012" and "Stopped sleeping at:" with the value "4:58:21PM Tuesday February 14 2012". Below these is a "Notes:" text area. At the bottom, there is a green plus button on the left, a checkbox labeled "Dreamed" in the center, and a green checkmark button on the right.

The Timeline

The timeline is a simple graph that displays a cycle of sleep data along a timeline. A cycle is 24 hours starting and stopping at 12PM. Timelines will visually present sleep session data to you and allow you to compare your data with normal sleep times.



If a sleep session moves into the next day or starts in the previous day you will see white arrows. You can remove a session by selecting the session in the graph and clicking the delete button or hitting delete in your keyboard. The timeline is split into 2 sections. The first being AM and the second being PM.



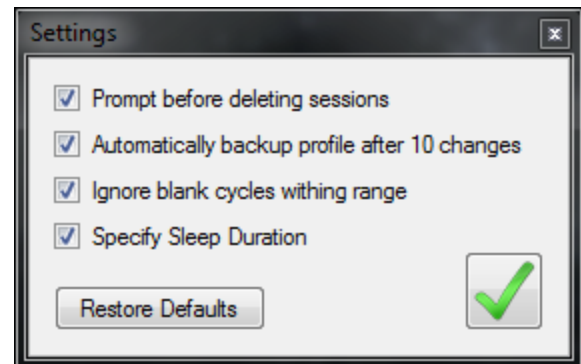
Settings

The automatic backup setting will backup your profile every ten changes. When the program does this, a green message will appear at the bottom. Changes increment whenever a session is added or removed to the active profile. The backups will be placed in your "My Documents" folder. A folder named "Shleep Logger Profile

Backup" will be created there. Inside that folder will be a backup of your profile. If you ever need to restore a profile you can copy from the backup folder to the profiles folder when the program is installed.

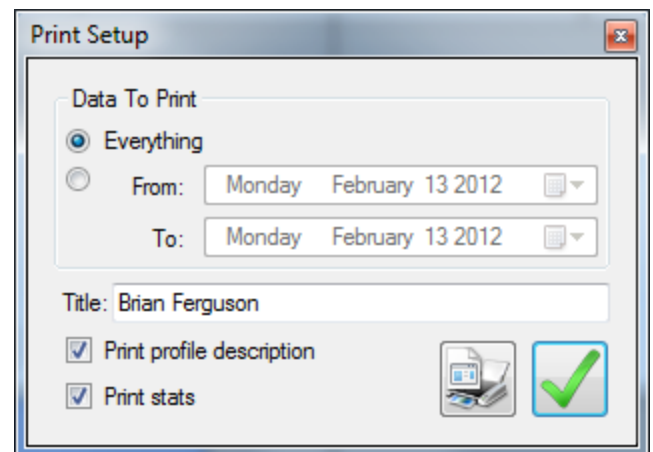
"Ignore blank cycles within range" is for when the program calculates statistics and prints. When checked, the program will not print blank cycles. Also it will not include the blank cycles into its statistics. If you do not sleep entire cycles at a time, then uncheck this.

Specify Sleep Duration changes the way sleep sessions are inputted. When checked, the sessions will be inputted by specifying a start time and a duration, otherwise a start and stop time will be used.



Printing

To print out your data, click the "Print" button. The print setup dialog will allow you to print all of the days with data or a range of days. The date pickers will be limited to the earliest and latest sleep session submissions. The title is the large text displayed top middle of the page. You will



have an option to print the profile description. You may have wrote one of these when you first created your profile. When the print stats option is checked, the print outs will list statistics calculated from all of the sessions in your profile (even if you specify a range).

The print preview button will open a standard print preview window. You will be able to see your print output without printing. When everything is set, press the check button and you will see a standard print dialog. For best results print on a layout optimal for standard sized white paper.

Brian Ferguson

Sleep statistics:

Time slept: 13 hours, 59 minutes, 59 seconds

Average time slept per cycle: 6 hours, 29 minutes, 29 seconds

Percent of time slept at night: 57%

Percent of time slept in the day: 43%

Most sleep in a cycle: 7 hours, 59 minutes, 59 seconds

Least sleep in a cycle: 6 hours

Most occurrences of sleep in a cycle: 3

Least occurrences of sleep in a cycle: 2

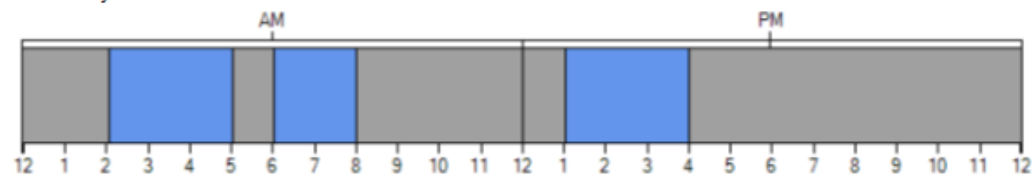
Average occurrences of sleep in a cycle: 2.5

Earliest submission: February-14-12

Latest submission: February-15-12

Total log duration: 1 days, 19 hours, 59 minutes, 29 seconds

February-14-12



February-15-12

