myZeo Export Data Help Sheet

The Export Data feature allows you to download all of your sleep data, journal entries, bedside display settings and more into a spreadsheet readable format (CSV).

This help sheet describes how you can interpret your exported sleep data in its CSV format. If you have any questions, feel free to contact Customer.Support@myZeo.com. Happy exploring!

Rows and Columns

The CSV file presents your sleep data in a table, where each row represents one night's data, and each column represents the data associated with that night.

Your Sleep Data

This section explains what each column represents, starting on the left. Information in the columns is grouped as follows:

‣ Sleep Information
‣ Bedside Display Information
‣ Sleep Journal Information
‣ Sleep Stealer Information
‣ Sleep Graph Information
‣ Software Information

Sleep Information

The items in this table represent sleep data associated with an individual night of sleep.

		Each row represents a single night of sleep.
		• Sleep records are assigned to a "sleep date" according to the time they started. If a sleep record starts before 6am, it is assigned the sleep date of the previous day. I.e. A sleep record that starts at 4:00 am 5/15/2009 will be assigned a sleep date of 5/14/2009.
		• Only one sleep record is stored per 24-hour period. If there are multiple sleep records for a 24-hour period, the longest period is selected.
		• Sleep records that have been marked as "Incomplete Data" (25% or more of the night cannot be recognized) are not stored.
Sleep Date	MM/DD/YYYY	
ZQ	Integer 0 and up	Summarizes how you slept in a single, objective number. ZQ is based

		on the length, depth, and continuity of your sleep. There is no optimal ZQ for everyone, but you can use it to gauge how you sleep each night.
Total Z	Minutes	How long you actually slept during the night.
Time to Z	Minutes	How long it actually took you to fall asleep. This is the time from when you put your headband on till when you fell asleep and stayed asleep.
Time in Wake	Minutes	From the moment you fall asleep until you wake up, this is the length of time you were awake when you should have been sleeping.
Time in REM	Minutes	A phase of sleep important for its contribution to overall mental health, mood, and ability to learn and retain knowledge.
Time in Light	Minutes	The phase of sleep that typically accounts for the majority of a night of sleep.
Time in Deep	Minutes	A phase of sleep important for feeling restored and refreshed, as well as for growth and immunity.
Awakenings	Integer 0 and up	The number of times you woke up in the middle of the night. A wake-up is defined as a disruption that lasts 2 minutes or more. You may not remember all the times that you woke during the night.
Start of Night	MM/DD/YYYY HH:MM*	The date and time corresponding to the first moment in a night of sleep is recorded. This time is always aligned to a 5-minute boundary.
End of Night	MM/DD/YYYY HH:MM*	The date and time at which no further sleep data was collected for that night.
Rise Time	MM/DD/YYYY HH:MM*	The date and time the user awoke. This is computed as "the time of day at the end of the last 5 minute block of sleep in the sleep graph." If no sleep is present in the sleep graph, the value is null

* indicates 24-hour format

Bedside Display Information

The items in this table describe information relating to the bedside display.

Alarm Reason	Integer 0-5	Indicates the reason for the most recent alarm ringing. • 0 - REM to NREM Transition • 1 - NREM to REM Transition • 2 - Wake while awake • 3 – Prevent waking from Deep sleep • 4 - End of Wake Window • 5 - No Alarm
Snooze Time	Minutes 0-30	Number of minutes for snooze time, as set by the user.

		Indicates the wake tone selected by the user.
Wake Tone	Integer 0-4	• 0 - Duo • 1 - Forest • 2 - Sunrise • 3 - Meadow • 4 - Daybreak
Wake Window	Minutes 15-40	Indicates the wake up window as selected by the user. The value ranges from 15 to 40 minutes in 5-minute increments.
Alarm Type	Binary	Indicates which alarm type is enabled. • 0 – standard wake • 1 – SmartWake™
First Alarm Ring	MM/DD/YYYY HH:MM* or null	The time the alarm first rang during a night, regardless of alarm type.
Last Alarm Ring	MM/DD/YYYY HH:MM* or null	The final time the alarm rang during a night. The alarm ring could be caused by SmartWake, standard wake or the snooze
First Snooze Time	MM/DD/YYYY HH:MM* or null	The first time the snooze button was pressed during the night. If the snooze button is pressed more than 9 times, this value will indicate the times of the 9 latest, rather than the 9 earliest presses.
Last Snooze Time	MM/DD/YYYY HH:MM* or null	The final time the snooze button was pressed during the night.
Set Alarm Time	MM/DD/YYYY HH:MM* or null	The time of the alarm as set by the user. Null if not activated. If the alarm time changed during the night, this indicates the most recent value.

* indicates 24-hour format

Sleep Journal Information

The items in this table describe entries you made in the Sleep Journal

		Indicates the user's perception of how they slept that night. Null indicates they entered no rating.
Morning Feel	Integer 1-5 or null	• 1 - Terribly • 2 - Poorly • 3 - Okay • 4 - Well • 5 - Great Value can be entered on the bedside display or in the journal. The most recent value entered is stored.

Day Feel 1	Integer 1-5 or null	How did you feel today? Irritable (1) → Easygoing (5).
Day Feel 2	Integer 1-5 or null	How did you feel today? Unfocused (1) → Focused (5).
Day Feel 3	Integer 1-5 or null	How did you feel today? Tired (1) → Energetic (5).
Notes	Text field	Notes that the user wrote in the Sleep Journal.

Sleep Stealer Information

The items in this table describe entries you made in the Sleep Journal relating to Sleep Stealers. They include all possible Sleep Stealers, whether you record them or not.

SS Fall Asleep	0-3 or null	How much trouble did you have turning off your mind when going to sleep last night.
SS Anticipation	0-3 or null	How stressed or anxious were you last night because of anticipation for work or an appointment today?
SS Tension	0-3 or null	How tense were you before bed last night?
SS Comfort	0-3 or null	How comfortable was your bed last night?
SS Noise	0-3 or null	How noisy was it last night?
SS Light	0-3 or null	How light was your room when you woke up this morning?
SS Temperature	0-3 or null	How was the temperature in your room last night?
SS Familiar	0-3 or null	How familiar was your sleeping environment last night?
SS Bedroom	0-3 or null	How ideal was your bedroom for sleeping last night?
SS Disruption	0-3 or null	How much was your sleep disrupted by someone else?
SS Hot Flashes	0-3 or null	How disruptive were your hot flashes last night?
SS Dreams	0-3 or null	How much did dreaming affect the quality of your sleep last night?
SS Fullness	0-3 or null	How full were you when you went to bed last night?
SS Hunger	0-3 or null	How hungry were you when you went to bed last night?
SS Heartburn	0-3 or null	How badly were you experiencing heartburn when you went to bed last night?
SS Caffeine	0-5 or null	How much caffeine did you have after 3:00pm yesterday?
SS Alcohol	0-3 or null	How much alcohol did you have within 3 hours of bedtime last night?
SS Thirst	0-3 or null	How thirsty were you while in bed last night?
SS Restroom	0-3 or null	How many times did you need to use the restroom during the night?
SS Wind Down	0-3 or null	Did you have enough time to wind down before you had to turn out the lights?

SS Sleepiness	0-3 or null	How sleepy were you when you went to bed last night?
SS Exercise	0-3 or null	How close to bedtime did you exercise yesterday?
SS Time Before Bed	0-3 or null	How much time did you set aside to wind down before bedtime last night?
SS Conversations	0-3 or null	How emotional were any conversations you had last night?
SS Activity Level	0-3 or null	How stimulating were you activities within 1 hour of bed
SS Late Work	0-3 or null	How late were you up working last night?

Custom Sleep Stealer Information

The items in this table describe entries you made in the Sleep Journal relating to *custom-built* Sleep Stealers. This set of information includes all the categories in your CSV file, whether you use them or not. There is a limit of 3 custom factors for each Sleep Stealer category.

SSCF 1	0-3 or null	Anxiety and Stress 1
SSCF 2	0-3 or null	Anxiety and Stress 2
SSCF 3	0-3 or null	Anxiety and Stress 3
SSCF 4	0-3 or null	Environment 1
SSCF 5	0-3 or null	Environment 2
SSCF 6	0-3 or null	Environment 3
SSCF 7	0-3 or null	Housemates/Pets 1
SSCF 8	0-3 or null	Housemates/Pets 2
SSCF 9	0-3 or null	Housemates/Pets 3
SSCF 10	0-3 or null	Other Disruptions 1
SSCF 11	0-3 or null	Other Disruptions 2
SSCF 12	0-3 or null	Other Disruptions 3
SSCF 13	0-3 or null	Poor Sleep Diet 1
SSCF 14	0-3 or null	Poor Sleep Diet 2
SSCF 15	0-3 or null	Poor Sleep Diet 3
SSCF 16	0-3 or null	Sleep Schedule 1
SSCF 17	0-3 or null	Sleep Schedule 2
SSCF 18	0-3 or null	Sleep Schedule 3
SSCF 19	0-3 or null	Stimulation 1
SSCF 20	0-3 or null	Stimulation 2
SSCF 21	0-3 or null	Stimulation 3

Sleep Graph Information

The items in this table describe information for two levels of sleep graph: 5-minute increments and 30-second increments.

Sleep Graph (5-minute)	Space delimited integers (1 integer per 5-minute period; integer range is 1-4)	A 5-minute sleep graph containing a space-separated list of numbers. Each number represents a 5-minute time period (ex. a 6-hour sleep graph would have 72 integers). The sleep stages are encoded as: • 0 - undefined • 1 - Wake • 2 - REM • 3 - Light • 4 - Deep
Detailed Sleep Graph (30-second)	Space delimited integers (1 integer per 30-second period; integer range is 1-4)	A 30-second sleep graph containing a space-separated list of numbers. Each number represents a 30-second time period The sleep stages are encoded as: • 0 - undefined • 1 - wake • 2 - REM • 3 - Light • 4 - Deep

Tips on how to chart your sleep graph

1) Copy the 5-minute or 30-second column and paste into a new worksheet.
2) Highlight the column and use the Text to Column functionality in your spreadsheet application to convert the text into columns. If prompted to guide the conversion process, choose "delimited" and then "space" as the delimiter.
3) Once the sleep graph information has been converted into columns, you may select any row and create a column chart.

Note: charting the 30-second graph in older editions of Microsoft Excel may not work due to exceeded column limits. A warning may indicate that data will be lost.

Software Information

The items in this table describe the firmware software and the myZeo version.

Software version		
Firmware Version	Text string	Zeo Bedside Display software version
myZeo Version	Text string	myZeo website software version