

Insomnia and Sleep Trends

14 Jun - 12 Jul 2026

28-DAY REVIEW

Progress at a glance

A combined view of completed insomnia questions and daily sleep diary entries. Scores are patient reported and should be interpreted with clinical context.

ISI SCORE

11

20 at baseline

COMPLETION

89%

25 of 28 days

SLEEP EFFICIENCY

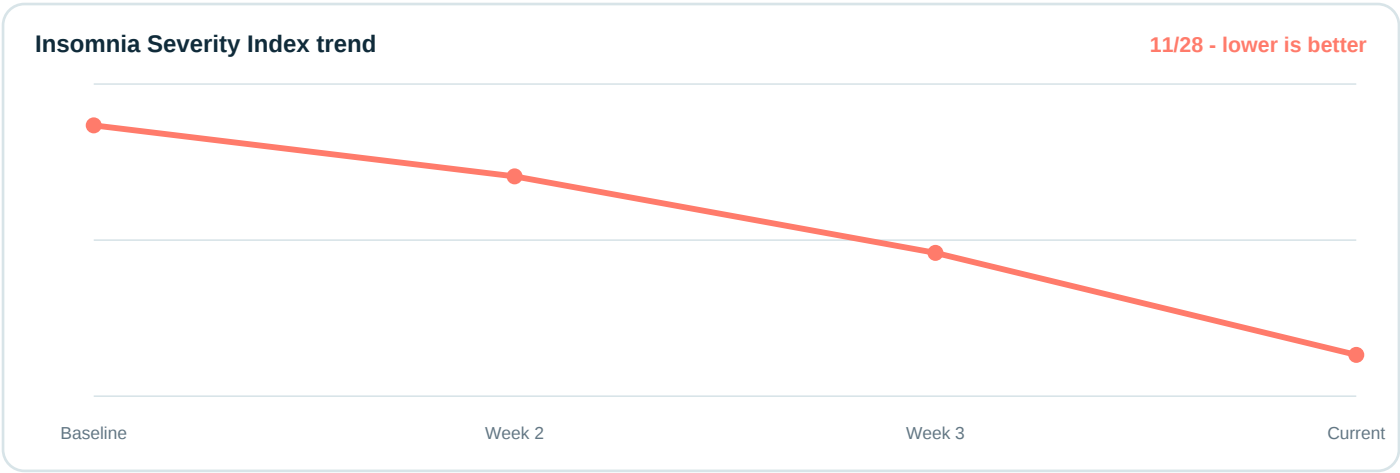
82%

+11 points

SLEEP ONSET

31m

18m faster



Server interpretation

Reported insomnia symptoms improved across four weekly check-ins. Sleep diary completion was high enough to support a trend view, but three missing days are shown rather than estimated.

What improved

Faster sleep onset, fewer long awakenings and a lower reported impact on daytime functioning.

What to review

Bedtime remains variable and two late-week nights showed reduced sleep efficiency.

QUESTION-LEVEL CHANGE

What changed inside the score

Question-level trends prevent a falling total score from hiding a persistent difficulty. Lower ISI responses indicate fewer reported symptoms.

ISI item	Baseline	Current	Direction
Difficulty falling asleep	3	2	Improved
Difficulty staying asleep	3	2	Improved
Waking too early	2	1	Improved
Satisfaction with sleep	3	2	Improved
Noticeability to others	3	1	Improved
Worry about sleep	3	2	Improved
Interference with daytime life	3	1	Improved

Questionnaire completion



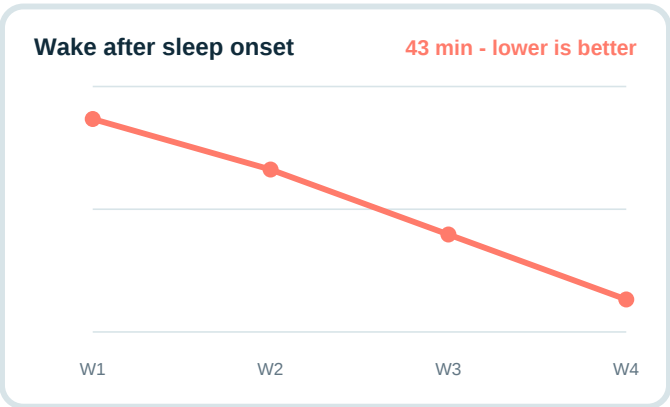
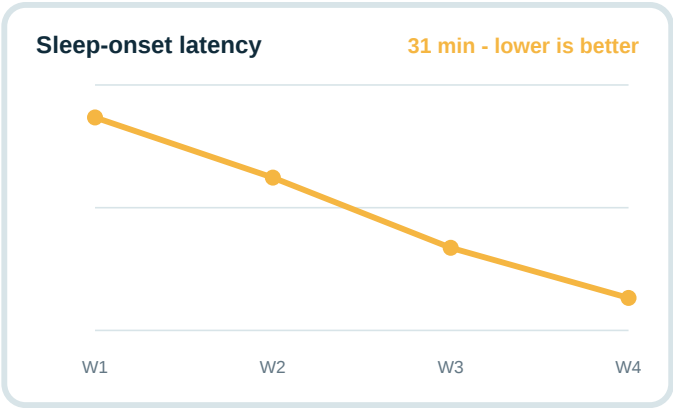
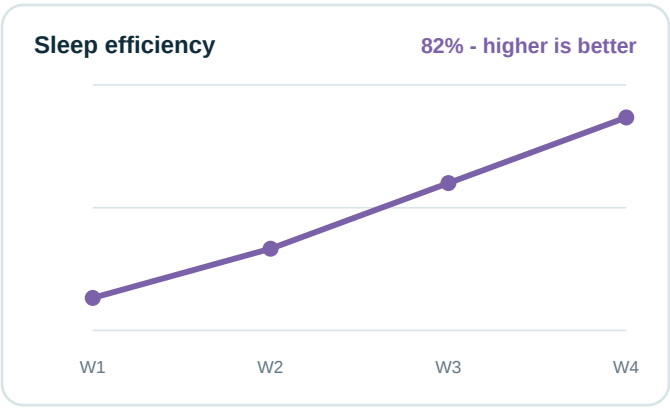
Missingness rule

The server never fills in unanswered questions. Trend charts show completion coverage, and comparisons are suppressed when there is insufficient information.

SLEEP DIARY

Reported night-to-night patterns

Weekly values below are calculated from completed diary entries. The server retains the source answers and calculation version used for every generated PDF.



Diary measure	Baseline	Current	Change
Average bedtime	23:42	23:36	6 min earlier
Bedtime variability	74 min	51 min	More consistent
Average wake time	07:19	07:14	Stable
Night awakenings	3.1	2.2	Fewer

REVIEW SUMMARY

Discussion points and provenance

Pattern to discuss

Reported symptoms and diary measures moved in the same direction, with the clearest change in sleep onset and daytime interference. Bedtime consistency remains the main unresolved pattern.

Suggested review questions

- 1 Which changes felt most meaningful to the patient?
- 2 Were treatment, medication, work pattern or alcohol changes made during this period?
- 3 Do the three missing diary days share a reason or pattern?
- 4 Should the next report compare a fixed sleep window with the current baseline?

How this PDF was produced

Generated by the SomnoRoute server report service from versioned synthetic questionnaire and diary records. The mobile app does not calculate, assemble or sign the PDF. Missing answers remain missing. Every production report should store its report ID, calculation version, source window and generation timestamp.

Important limitation

This example supports progress review and conversation. It does not diagnose insomnia, replace clinical assessment or prove why a change occurred. Urgent health or safety concerns require appropriate professional care.