

# Sleep Quality At-A-Glance



## Sleep Quality Defined

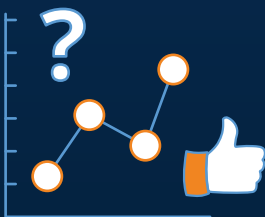
- **Sleep Latency:** How long it takes to fall asleep
- **Awakenings:** Number of awakenings during the night
- **Wake After Sleep Onset:** Amount of time awake after falling asleep
- **Sleep Efficiency:** Ratio of time asleep to time lying in bed



## Ways to Measure Sleep Quality

- **Self-report:** How someone describes or rates their sleep
- **Nearables:** Devices in beds or bedrooms that monitor movement, breathing, or body temperature
- **Wearables:** Technology worn during sleep (watch, ring, etc.)
- **Airables:** Sleep monitors that use wireless signals (sound, radar, etc.)

***National Sleep Foundation (NSF) and Consumer Technology Association® (CTA) have set measurement standards for these devices.***



## Evaluating Sleep Quality Claims

- Are recommendations based on evidence or expert knowledge?
- Is a product's claim to measure or improve sleep quality supported by data?
- Do the product claims align with NSF/CTA definitions for sleep quality?



## Sleep Quality Checklist

- Did you fall asleep in 30 minutes or less?
- Did you wake up 1 time or less at night (older adults = 2 times or less)?
- Were you awake 20 minutes total or less after falling asleep (older adults = 30 minutes or less)?
- Were you mostly asleep while in bed (i.e., 7 out of 8 hours)?

***Answering "yes" to most of these questions suggests you likely have good sleep quality.***