

# Butterfly Effect

Participant-facing research return built from the same route logic, participant-relative baseline frame, and caveat structure as the research engine. This is a weekly longitudinal readout, not a consumer sleep score and not a diagnostic statement.

Participant	Window	Usable nights	Weekly confidence
<b>lifesnaps_621e3 2e667b776a240 6d2f1c</b>	<b>2022-01-17 to 2022-01-22</b>	<b>6</b>	<b>moderate confidence</b>

## Weekly readout

**Within this weekly window, the clearest repeated departure from the participant baseline appeared in sleep continuity under the next-day stress burden frame, with the overall week reading as clearly shifted.**

## WEEK AT A GLANCE

This weekly readout is based on 6 usable nights and 6 matched day reports. The current confidence label is moderate confidence.

The strongest repeated night pattern was concentrated in sleep continuity, which surfaced across 3 nights in the current window.

This week did not yet contain a repeated night-to-day pattern strong enough to support a firmer burden statement.

### Dominant night domains

- Sleep continuity: 3 nights, mean score 0.03
- Daily carry-over behavior: 6 nights, mean score 0.12
- Mixed contextual pattern: 6 nights, mean score 0.13

### Shift relative to baseline

- lifesnaps minutes after wakeup previous night: higher than usual, mean absolute shift 8.09
- 7-night mean of Time in bed: lower than usual, mean absolute shift 2.24
- lifesnaps exertion points pct: lower than usual, mean absolute shift 1.99
- 3-night variability of lifesnaps nightly temperature c: higher than usual, mean absolute shift 1.74

### Observed links with burden

- No repeated in-window link crossed the current threshold.

### Nights worth reviewing

- Most shifted night: 2022-01-21 · burden 7.00
- Most stable night: 2022-01-22 · burden 7.00
- Highest burden follow-up: 2022-01-17 · burden 7.50
- Night with the weakest signal: 2022-01-21 · burden 7.00

### What this does not mean

- This report is not a diagnosis and should not be read as a disease-risk statement.
- This weekly view summarizes repeated patterns, not a single-night truth.
- This first participant-facing report is currently limited to the next-day stress burden frame over route LifeSnaps D+1 contextual forecasting.

### What to keep tracking

- Keep tracking repeated daily burden on the same scale so that night-to-day links stay comparable.
- Continue tracking awakenings, wake after sleep onset, or any sleep-fragmentation proxy available in the cohort.
- More complete matched nights would make this weekly picture more stable.