

Butterfly Effect

The weekly readout remains moderate confidence across 7 usable nights. The dominant domain is Sleep continuity, but no repeated in-window night-to-day link reached the current reporting threshold.

Participant pmdata_p06	Window 2020-03-24 to 2020-03-30	Weekly confidence moderate confidence	Usable nights 7
Mean observed burden 2.50		Mean predicted burden 4.93	
Dominant domains <ul style="list-style-type: none"> • Sleep continuity: 7 nights, mean score 0.04 • Autonomic activation: 4 nights, mean score 0.02 • Sleep architecture: 2 nights, mean score 0.02 		Shift vs baseline <ul style="list-style-type: none"> • 7-night variability of Alcohol units: lower than usual, mean abs shift 9.31 • 14-night variability of Alcohol units: lower than usual, mean abs shift 8.14 • Awakening count z-score vs 7-night reference: higher than usual, mean abs shift 5.65 • Sleep score overall z-score vs 7-night reference: lower than usual, mean abs shift 4.19 	
Observed links <ul style="list-style-type: none"> • No repeated in-window link above threshold. 		Review nights <ul style="list-style-type: none"> • Most shifted night: 2020-03-28 · burden 2.50 • Most stable night: 2020-03-26 · burden 2.50 • Highest burden follow-up: 2020-03-24 · burden 2.50 • Night with the weakest signal: 2020-03-24 · burden 2.50 	
Important caveats <ul style="list-style-type: none"> • No additional route-level caveats. 			