library(lifelogr)

There are 3 functions which allow for a series of plots with just one function call: `plot_sleep_all`, `plot_daily_all`, and `plot_intraday_all`. Each acts like the `plot.lm` function, where users must click “enter” to see the next plot.

Each plot within the generic plot function can also be called individually.

Sleep Plots

Here are the sleep plots for EX:

```r
plot_sleep_all(EX)
```

#> Press [enter] to continue
### Sleep Start and End Times

<table>
<thead>
<tr>
<th>Date</th>
<th>Weekday</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 23</td>
<td>01:00 AM</td>
<td>04:00 AM</td>
</tr>
<tr>
<td>Jan 30</td>
<td>01:00 AM</td>
<td>04:00 AM</td>
</tr>
<tr>
<td>Feb 06</td>
<td>01:00 AM</td>
<td>04:00 AM</td>
</tr>
<tr>
<td>Feb 13</td>
<td>01:00 AM</td>
<td>04:00 AM</td>
</tr>
</tbody>
</table>

### Sleep Over Time

<table>
<thead>
<tr>
<th>Date</th>
<th>Sleep Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 23</td>
<td>10 hours</td>
</tr>
<tr>
<td>Jan 30</td>
<td>8 hours</td>
</tr>
<tr>
<td>Feb 06</td>
<td>9 hours</td>
</tr>
<tr>
<td>Feb 13</td>
<td>8 hours</td>
</tr>
</tbody>
</table>

> Press [enter] to continue
#> Press [enter] to continue

Users can also call each function individually using `plot_sleep(person, plot_type)`. For example:

```r
plot_sleep(EX, "by_datetime")
```

Some plots have other options.

For example, `plot_sleep_start_end` has a `color_var = "day_of_week"` argument to color the lines by day of the week instead of weekend/weekday.

```r
plot_sleep_start_end(EX, "day_of_week")
```
Sleep Start and End Times

Date
Feb 13
Feb 06
Jan 30
Jan 23

Hours Asleep
01:00 AM 04:00 AM 07:00 AM 10:00 AM

Daily Total Plots

Here are the plots for the daily totals for EX:

plot_daily_all(EX)

Number of Steps Per Day

Steps
15000
10000
5000

Date
Jan 23
Jan 30
Feb 06
Feb 13

#> Press [enter] to continue
Number of Floors Per Day

Distance (mi)

Distance

#> Press [enter] to continue

#> Press [enter] to continue
Resting Heart Rate

Number of Steps Per Day

Within Each day Plots

Here are the plots for intraday data (multiple data points collected within each day). The default is to aggregate the data by time intervals within each day so that data for a “typical day” is displayed.

plot_intraday_all(EX)
Average Steps Per 15 Min Interval vs Time of Day

Average Floors Per 15 Min Interval vs Time of Day

#> Press [enter] to continue
Average Distance Per 15 Min Interval vs Time of Day

Average Calories Burned Per 15 Min Interval vs Time of Day

Press [enter] to continue
Weight vs Time of Day

Steps Per 15 Min Interval vs Date–Time

However, it is also possible to specify that the plots use the raw data and plot over all date-times.

plot_intraday_all(EX, FALSE)

#> Press [enter] to continue
Floors Per 15 Min Interval vs Date–Time

Distance Per 15 Min Interval vs Date–Time

Press [enter] to continue
Calories Burned Per 15 Min Interval vs Date–Time

Average Active Minutes Per 15 Min Interval vs Date–Time

#> Press [enter] to continue

#> Press [enter] to continue
Average Heart Rate Per 5 Min Interval vs Date–Time

Weight vs Date–Time

Press [enter] to continue