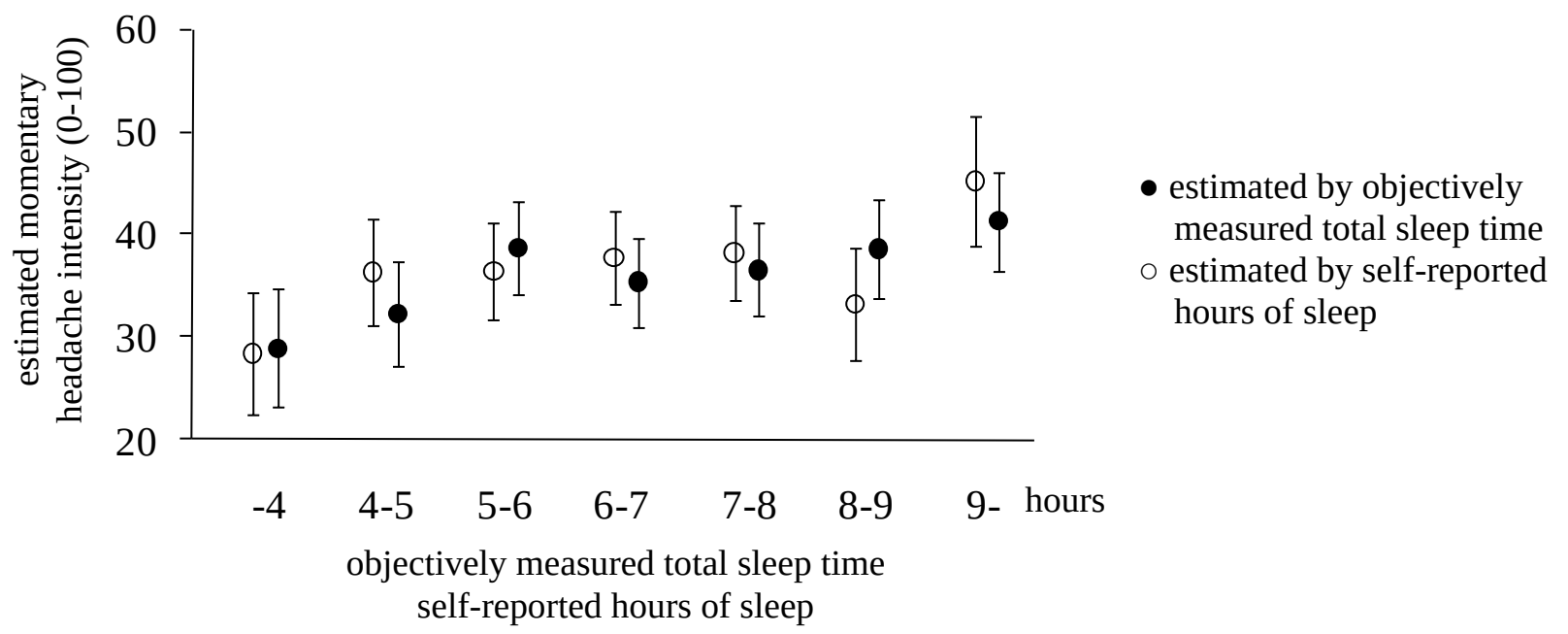
60
50
40
30
20
estimated momentary headache intensity (0-100)
-4
4-5
5-6
6-7
7-8
8-9
9-
hours
objectively measured total sleep time
self-reported hours of sleep
● estimated by objectively measured total sleep time
○ estimated by self-reported hours of sleep