

ActiGraph Sleep Report

Name: PD106

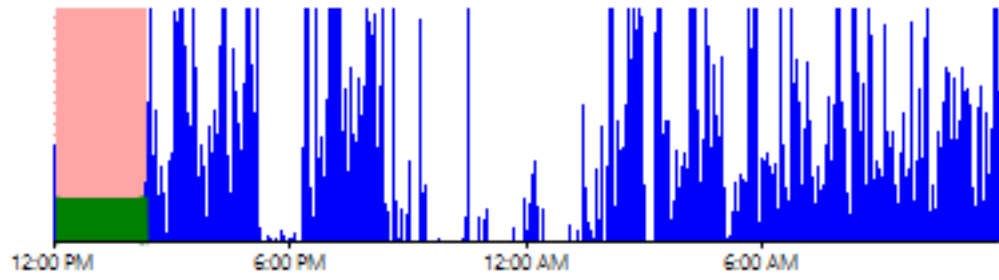
Data Start: 6/20/2019 12:00:00 AM

Data End: 6/26/2019 4:06:00 PM

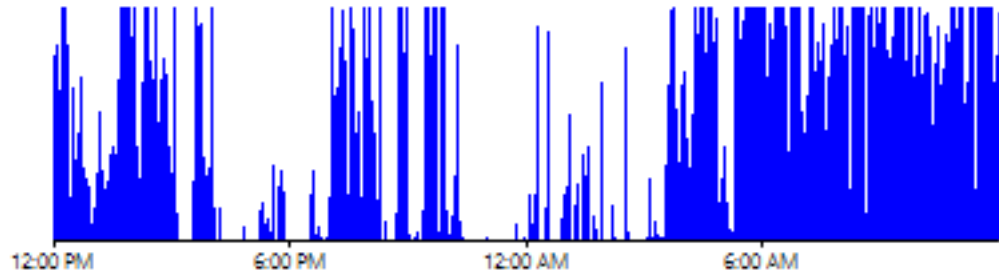
Weight: 223 lbs

Device Serial: TAS1H11190098

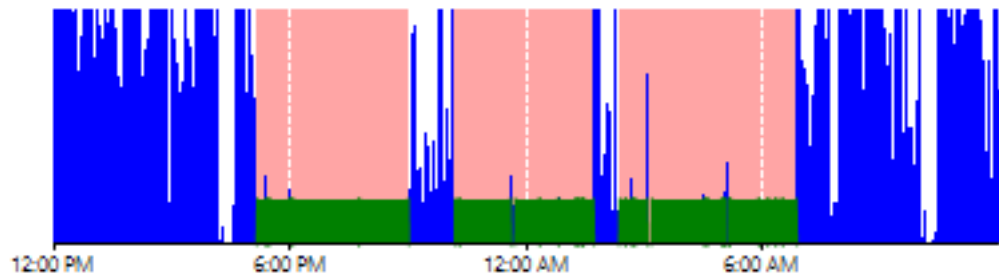
6/20/2019



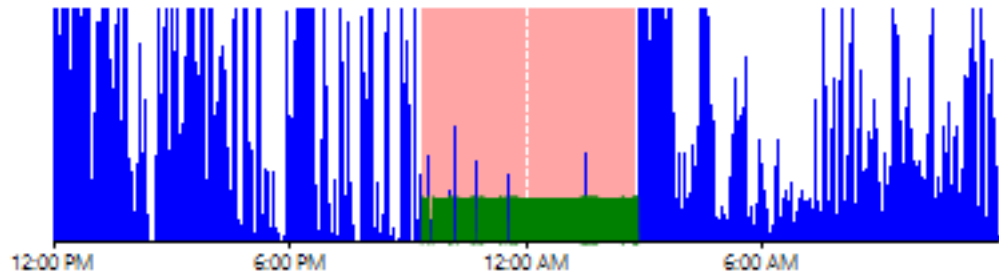
6/21/2019



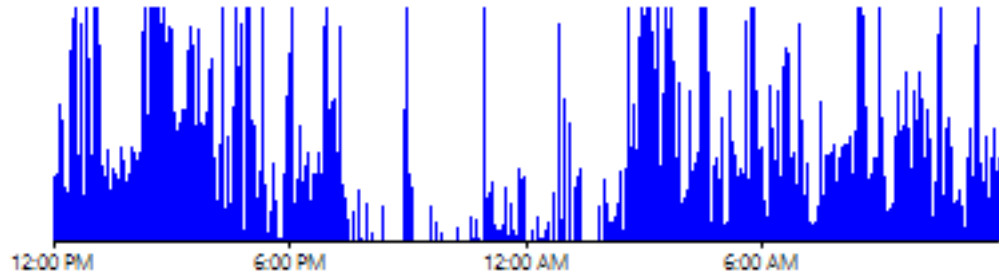
6/22/2019



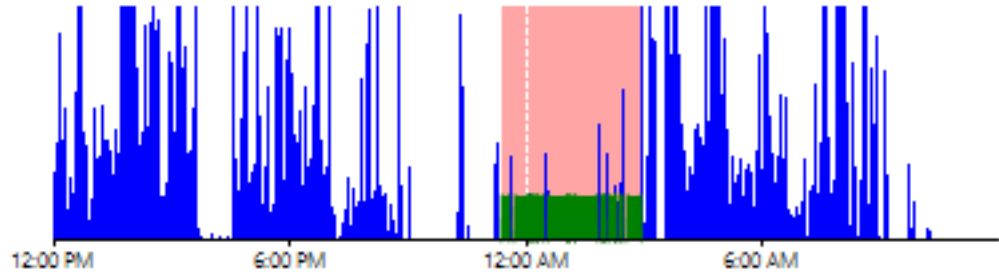
6/23/2019



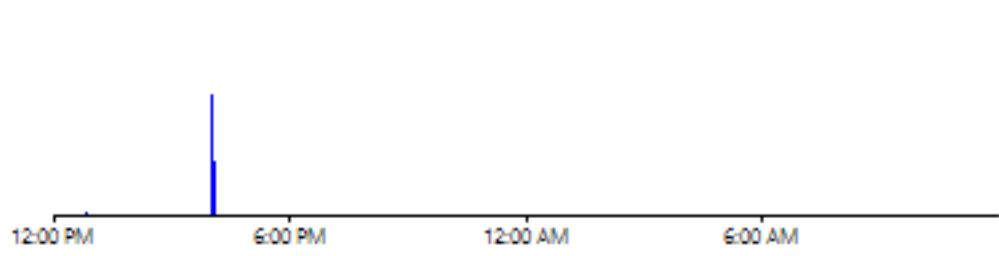
6/24/2019



6/25/2019



6/26/2019



Sleep Period Breakdown

Sleep Algorithm Used: Cole-Kripke

In Bed	Out Bed	Latency (min)	Efficiency	Total Time in Bed (min)	Total Sleep Time (TST) (min)	Wake After Sleep Onset (WASO)	# of Awakenings	Avg Awakening (min)
6/20/2019 12:00 AM	6/20/2019 2:21 PM	0	93.03%	861	801	60	14	4.29
6/22/2019 5:09 PM	6/22/2019 9:00 PM	0	97.4%	231	225	6	5	1.2
6/22/2019 10:12 PM	6/23/2019 1:42 AM	0	92.38%	210	194	16	8	2
6/23/2019 2:21 AM	6/23/2019 6:51 AM	0	89.26%	270	241	29	14	2.07
6/23/2019 9:21 PM	6/24/2019 2:48 AM	0	85.32%	327	279	48	19	2.53
6/25/2019 11:22 PM	6/26/2019 2:54 AM	0	73.11%	212	155	57	15	3.8
10:24 PM	8:16 AM	0	88.42%	351.83	315.83	36	12.5	2.88