

ActiGraph Sleep Report

Name: PD125

Data Start: 6/21/2019 5:00:00 PM

Data End: 7/1/2019 12:28:00 PM

Weight: 176 lbs

Device Serial: TAS1H11190172

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)
6/22/2019 1:52 AM	6/22/2019 8:49 AM	0	96.16%	417	401	16	2	8
6/22/2019 10:20 AM	6/22/2019 4:48 PM	0	99.48%	388	386	2	1	2
6/22/2019 6:41 PM	6/22/2019 10:20 PM	0	100%	219	219	0	0	0
6/22/2019 10:47 PM	6/23/2019 8:50 AM	0	98.67%	603	595	8	1	8
6/23/2019 5:27 PM	6/24/2019 7:08 AM	0	100%	821	821	0	0	0
6/24/2019 8:21 AM	6/24/2019 12:00 PM	0	96.8%	219	212	7	1	7
6/24/2019 10:55 PM	6/25/2019 1:38 AM	0	78.53%	163	128	35	14	2.5
6/25/2019 3:33 AM	6/25/2019 9:32 AM	0	89.97%	359	323	36	14	2.57
6/26/2019 2:44 AM	6/26/2019 6:03 AM	0	72.86%	199	145	54	17	3.18
6/26/2019 9:42 PM	6/27/2019 1:21 AM	0	94.98%	219	208	11	9	1.22
6/27/2019 5:51 PM	6/27/2019 8:43 PM	0	90.12%	172	155	17	3	5.67
6/27/2019 11:42 PM	6/28/2019 2:53 AM	0	90.58%	191	173	18	6	3
6/28/2019 4:23 AM	6/28/2019 7:14 AM	0	80.7%	171	138	33	11	3
12:38 AM	9:38 AM	0	91.45%	318.54	300.31	18.23	6.08	3