

ActiGraph Sleep Report

Name: PD126

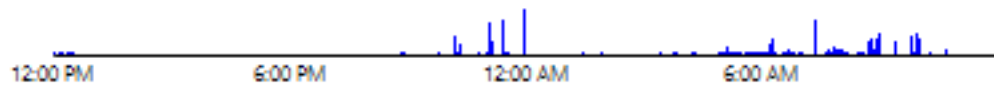
Data Start: 6/19/2019 12:00:00 AM

Data End: 7/1/2019 10:39:00 AM

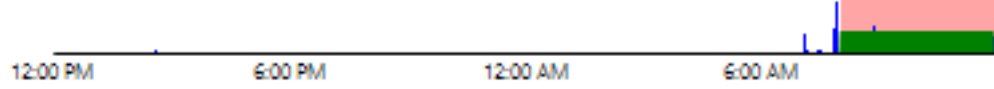
Weight: 188 lbs

Device Serial: TAS1H11190140

6/19/2019



6/20/2019



6/21/2019



6/22/2019



6/23/2019



6/24/2019



6/25/2019



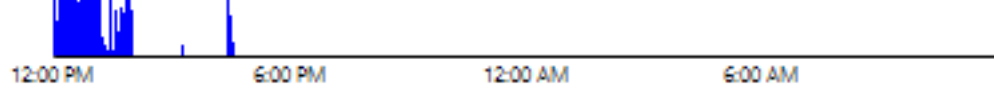
6/26/2019



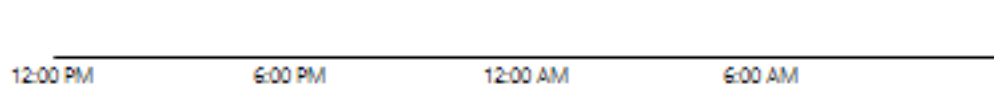
6/27/2019



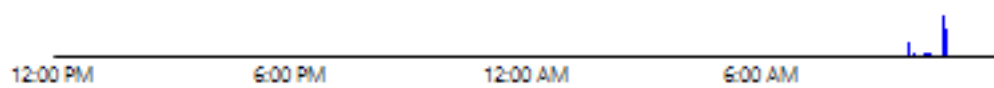
6/28/2019



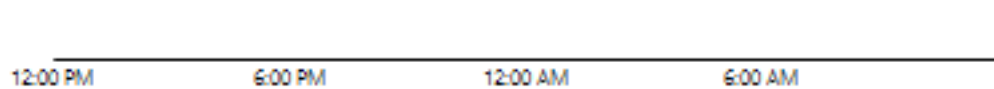
6/29/2019



6/30/2019



7/1/2019



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)
6/21/2019 7:58 AM	6/21/2019 12:57 PM	0	95.99%	299	287	12	5	2.4
6/21/2019 1:13 PM	6/21/2019 9:31 PM	0	98.19%	498	489	9	1	9
6/22/2019 2:33 AM	6/22/2019 6:45 AM	0	92.46%	252	233	19	7	2.71
6/23/2019 1:24 AM	6/23/2019 4:07 AM	0	89.57%	163	146	17	3	5.67
6/24/2019 2:24 AM	6/24/2019 6:06 AM	0	92.79%	222	206	16	6	2.67
12:42 AM	10:17 AM	0	93.8%	286.8	272.2	14.6	4.4	3.32