

# ActiGraph Sleep Report

Name: PD129

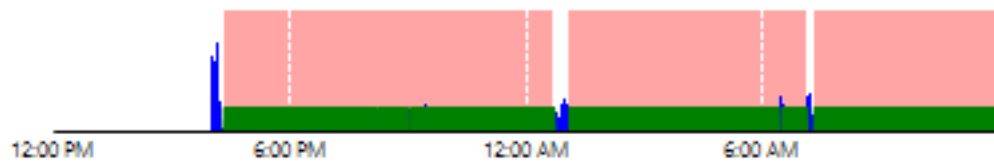
Data Start: 6/20/2019 4:00:00 PM

Data End: 7/1/2019 12:51:00 PM

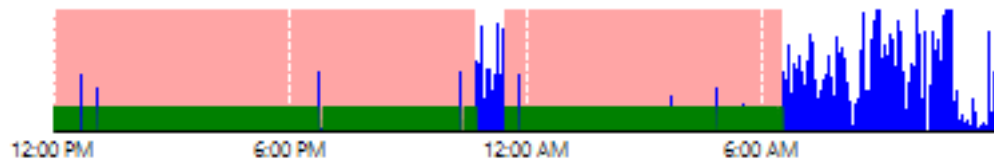
Weight: 186 lbs

Device Serial: TAS1H11190145

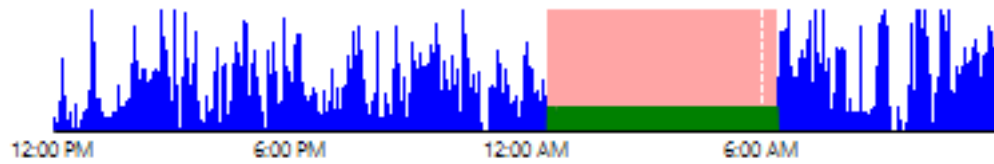
6/20/2019



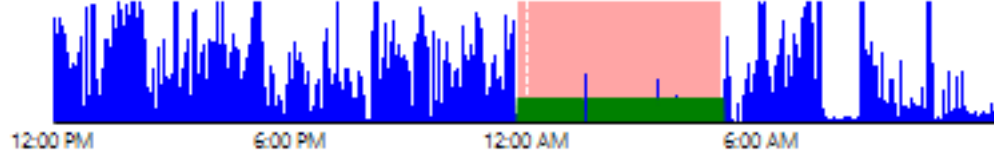
6/21/2019



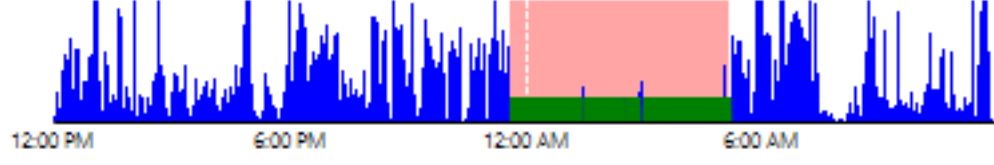
6/22/2019



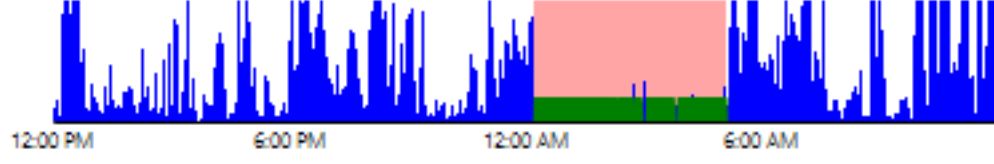
6/23/2019



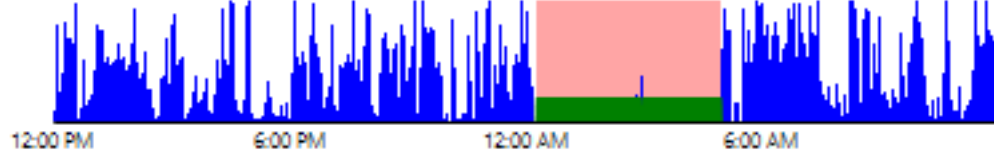
6/24/2019



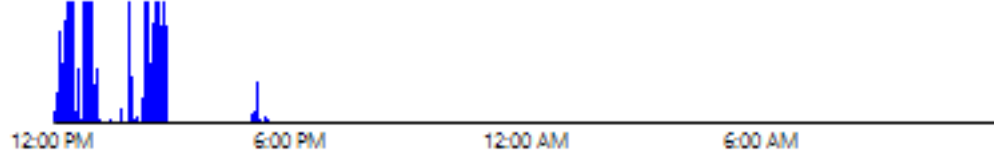
6/25/2019



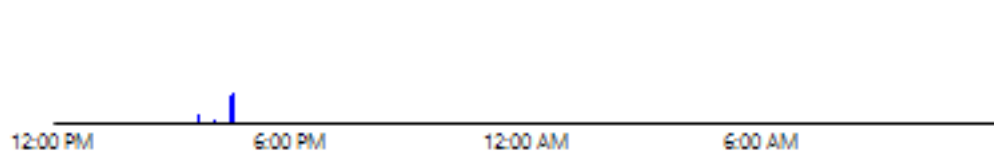
6/26/2019



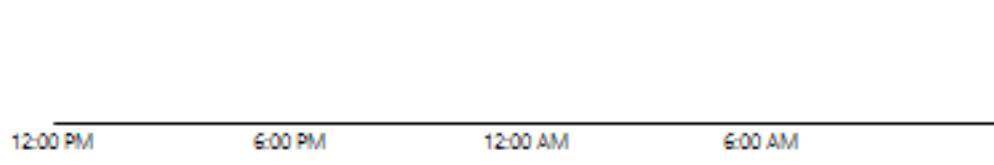
6/27/2019



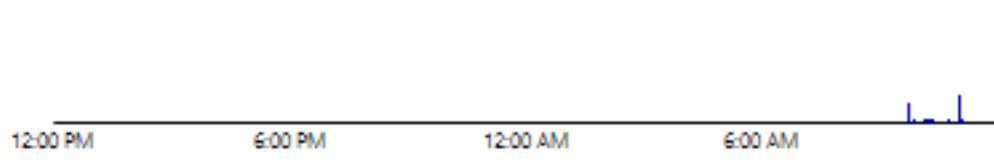
6/28/2019



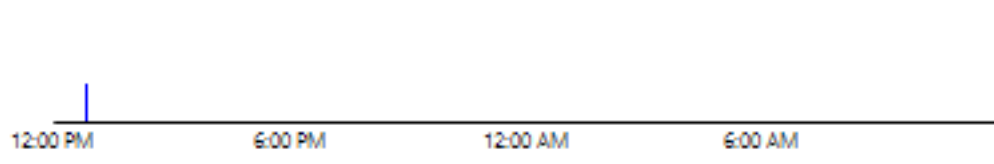
6/29/2019



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)
6/20/2019 4:19 PM	6/21/2019 12:42 AM	0	96.22%	503	484	19	11	1.73
6/21/2019 1:06 AM	6/21/2019 7:07 AM	0	97.51%	361	352	9	2	4.5
6/21/2019 7:18 AM	6/21/2019 10:42 PM	0	96.32%	924	890	34	6	5.67
6/21/2019 11:29 PM	6/22/2019 6:29 AM	0	93.81%	420	394	26	10	2.6
6/23/2019 12:32 AM	6/23/2019 6:22 AM	0	98%	350	343	7	5	1.4
6/23/2019 11:46 PM	6/24/2019 4:59 AM	0	93.29%	313	292	21	11	1.91
6/24/2019 11:36 PM	6/25/2019 5:10 AM	0	91.32%	334	305	29	11	2.64
6/26/2019 12:12 AM	6/26/2019 5:04 AM	0	86.99%	292	254	38	17	2.24
6/27/2019 12:15 AM	6/27/2019 4:56 AM	0	94.66%	281	266	15	11	1.36
<b>12:03 AM</b>	<b>7:03 AM</b>	<b>0</b>	<b>94.24%</b>	<b>419.78</b>	<b>397.78</b>	<b>22</b>	<b>9.33</b>	<b>2.36</b>