

ActiGraph Sleep Report

Name: SID152

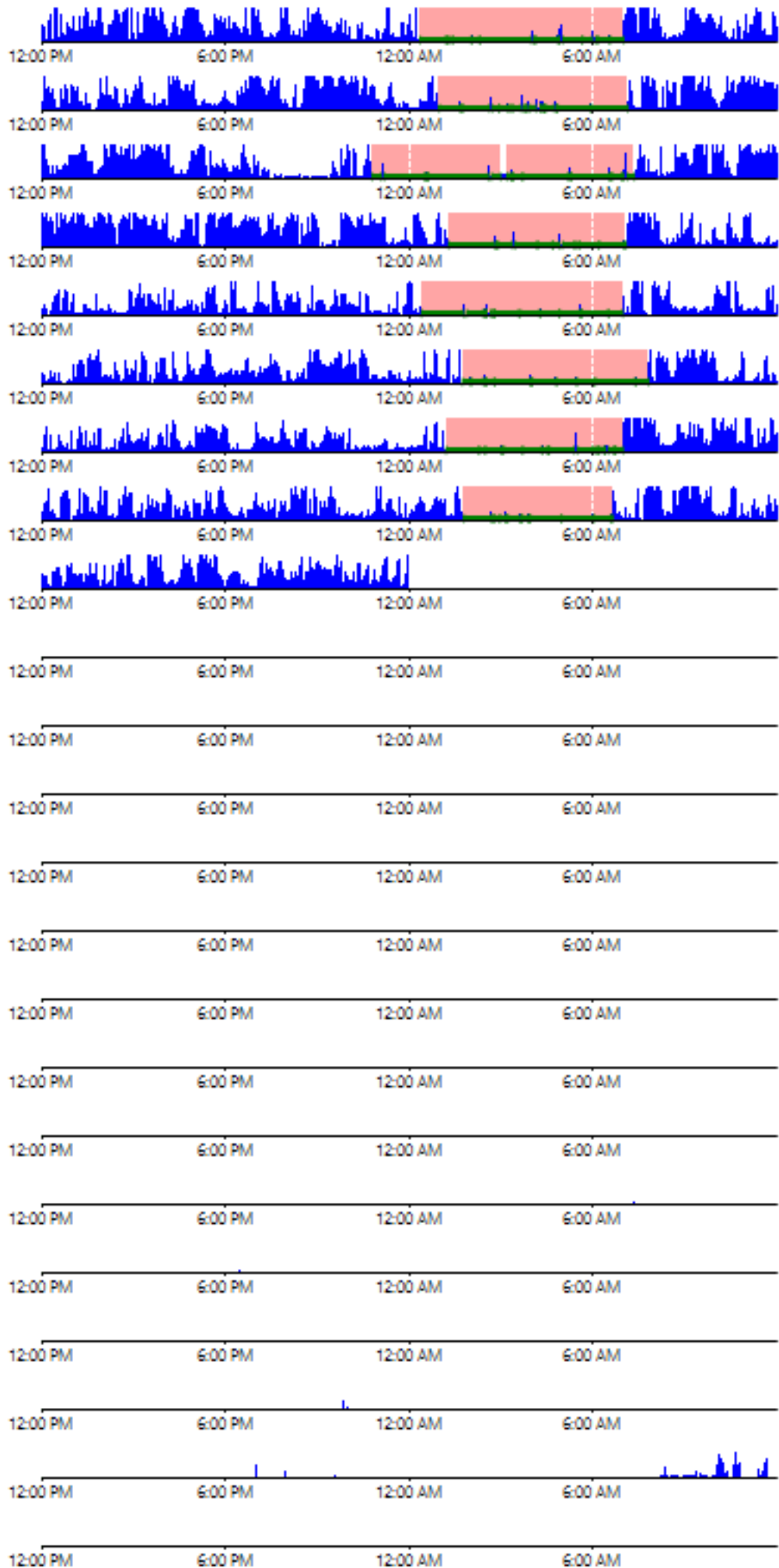
Data Start: 6/20/2019 12:00:00 AM

Data End: 7/12/2019 11:39:00 AM

Weight: 222 lbs

Device Serial: TAS1H11190173

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
7/2/2019
7/3/2019
7/4/2019
7/5/2019
7/6/2019
7/7/2019
7/8/2019
7/9/2019
7/10/2019
7/11/2019
7/12/2019



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 12:12 AM	6/20/2019 7:07 AM	0	100%	415	415	0	0	0
6/20/2019 8:12 AM	6/20/2019 11:58 AM	0	98.23%	226	222	4	2	2
6/21/2019 12:21 AM	6/21/2019 6:59 AM	0	91.71%	398	365	33	13	2.54
6/22/2019 12:59 AM	6/22/2019 7:07 AM	0	85.6%	368	315	53	16	3.31
6/22/2019 10:47 PM	6/23/2019 2:58 AM	0	92.43%	251	232	19	5	3.8
6/23/2019 3:11 AM	6/23/2019 7:20 AM	0	91.16%	249	227	22	9	2.44
6/24/2019 1:17 AM	6/24/2019 7:04 AM	0	92.51%	347	321	26	10	2.6
6/25/2019 12:24 AM	6/25/2019 6:57 AM	0	92.11%	393	362	31	12	2.58
6/26/2019 1:44 AM	6/26/2019 7:48 AM	0	96.43%	364	351	13	10	1.3
6/27/2019 1:12 AM	6/27/2019 6:58 AM	0	90.46%	346	313	33	16	2.06
6/28/2019 1:47 AM	6/28/2019 6:38 AM	0	92.78%	291	270	21	12	1.75
1:38 AM	7:10 AM	0	93.04%	331.64	308.45	23.18	9.55	2.43