

ActiGraph Sleep Report

Name: PD132

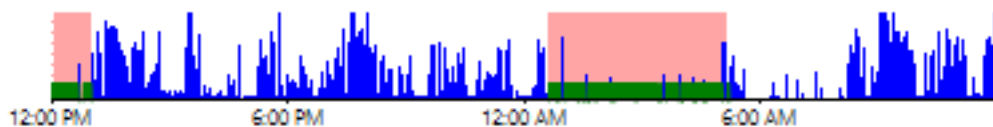
Data Start: 7/1/2019 6:00:00 AM

Data End: 7/15/2019 12:25:00 PM

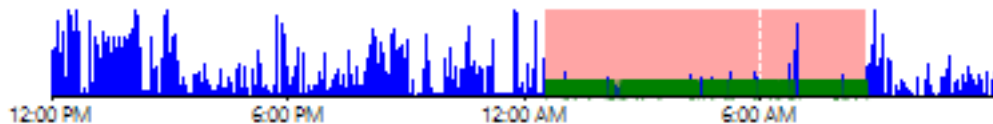
Weight: 223 lbs

Device Serial: TAS1H11190150

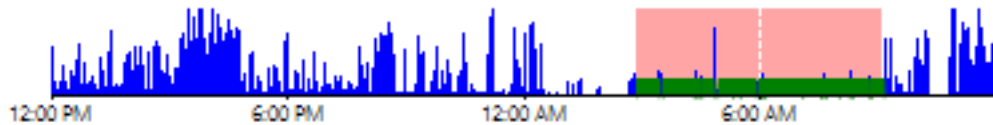
7/1/2019



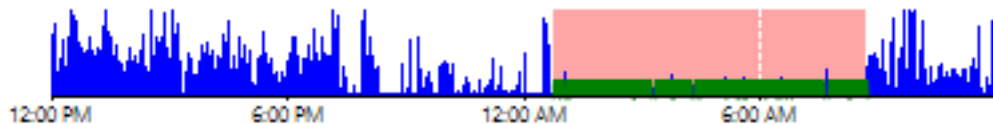
7/2/2019



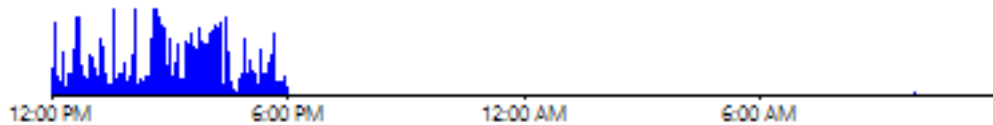
7/3/2019



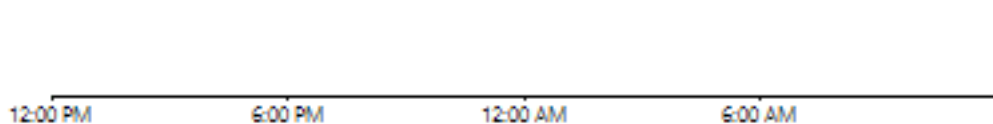
7/4/2019



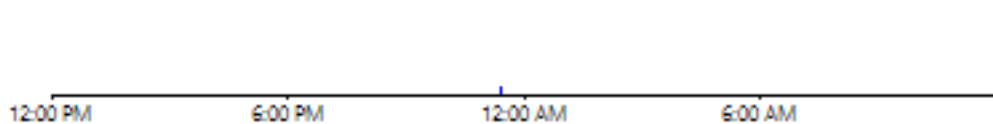
7/5/2019



7/6/2019



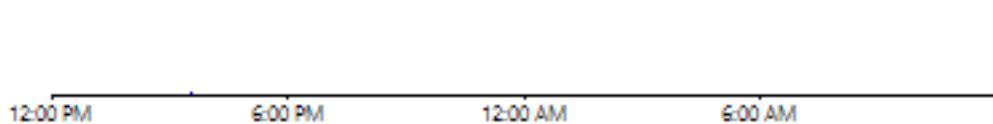
7/7/2019



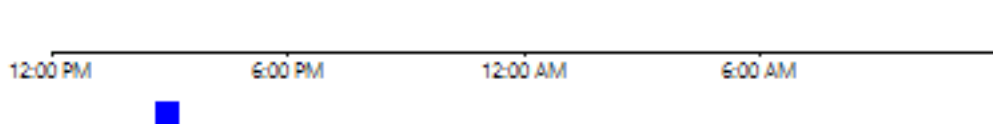
7/8/2019



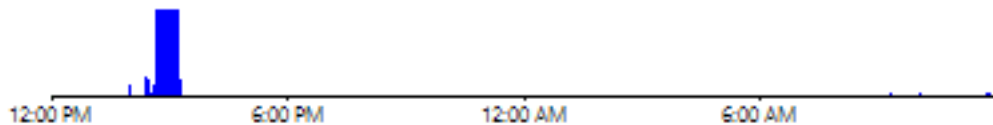
7/9/2019



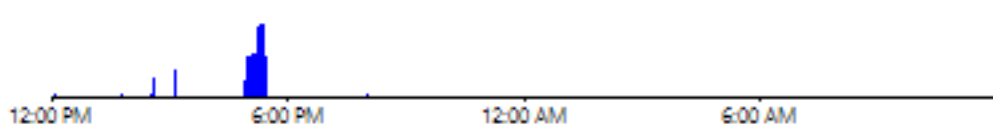
7/10/2019



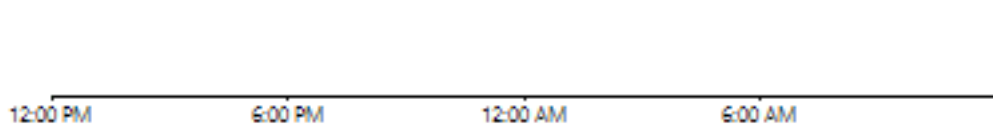
7/11/2019



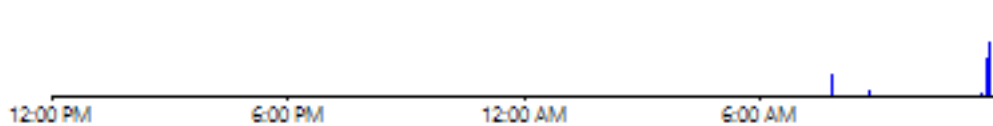
7/12/2019



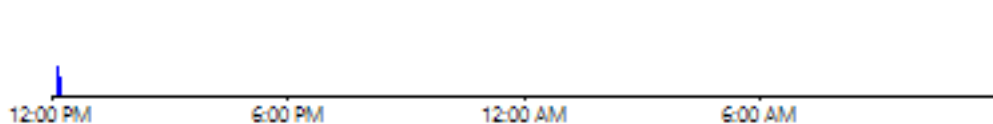
7/13/2019



7/14/2019



7/15/2019



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)
7/1/2019 8:10 AM	7/1/2019 1:00 PM	0	93.79%	290	272	18	5	3.6
7/2/2019 12:38 AM	7/2/2019 5:11 AM	0	80.22%	273	219	54	19	2.84
7/3/2019 12:33 AM	7/3/2019 8:41 AM	0	81.97%	488	400	88	35	2.51
7/4/2019 2:51 AM	7/4/2019 9:07 AM	0	84.57%	376	318	58	20	2.9
7/5/2019 12:44 AM	7/5/2019 8:42 AM	0	89.75%	478	429	49	23	2.13
2:35 AM	8:56 AM	0	86.06%	381	327.6	53.4	20.4	2.62