

# ActiGraph Sleep Report

Name: PD137

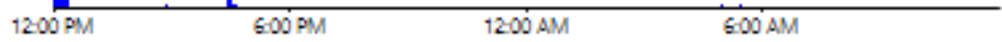
Data Start: 8/12/2019 9:00:00 AM

Data End: 8/20/2019 11:59:00 PM

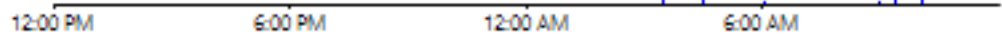
Weight: 200 lbs

Device Serial: TAS1H11190160

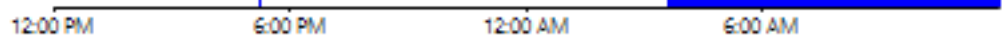
8/12/2019



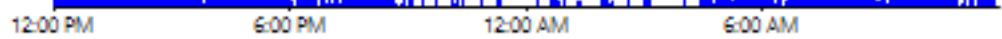
8/13/2019



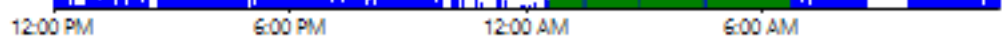
8/14/2019



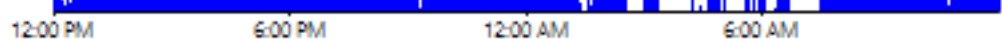
8/15/2019



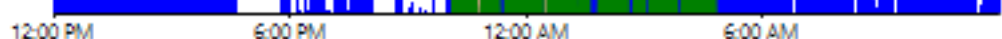
8/16/2019



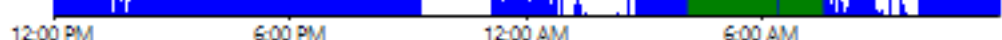
8/17/2019



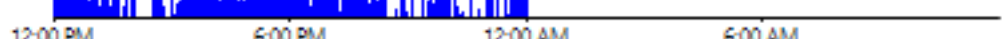
8/18/2019



8/19/2019



8/20/2019



# 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) |
|-----------------------|----------------------|---------------|---------------|-------------------------|------------------------------|-------------------------------|-----------------|---------------------|
| 8/17/2019<br>12:36 AM | 8/17/2019<br>6:39 AM | 0             | 90.91%        | 363                     | 330                          | 33                            | 11              | 3                   |
| 8/18/2019<br>10:07 PM | 8/19/2019<br>1:35 AM | 0             | 83.65%        | 208                     | 174                          | 34                            | 11              | 3.09                |
| 8/19/2019<br>1:49 AM  | 8/19/2019<br>4:47 AM | 0             | 83.15%        | 178                     | 148                          | 30                            | 8               | 3.75                |
| 8/20/2019<br>4:07 AM  | 8/20/2019<br>7:29 AM | 0             | 96.53%        | 202                     | 195                          | 7                             | 1               | 7                   |
| <b>1:09 AM</b>        | <b>5:07 AM</b>       | <b>0</b>      | <b>88.56%</b> | <b>237.75</b>           | <b>211.75</b>                | <b>26</b>                     | <b>7.75</b>     | <b>3.35</b>         |