

# ActiGraph Sleep Report

Name: PD138

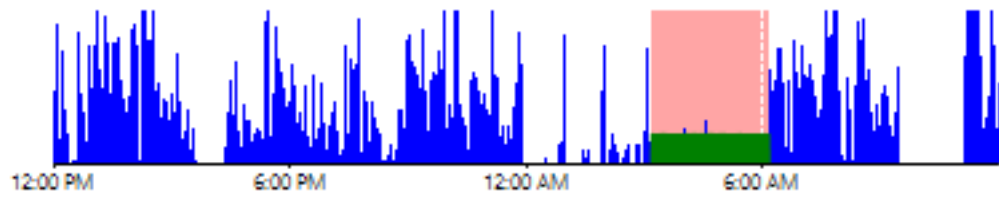
Data Start: 8/14/2019 9:30:00 AM

Data End: 8/23/2019 11:59:00 PM

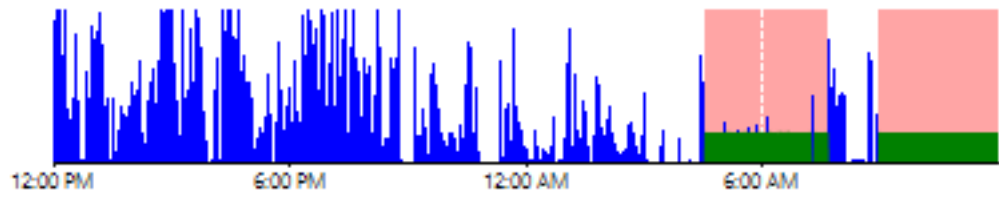
Weight: 208 lbs

Device Serial: TAS1H11190090

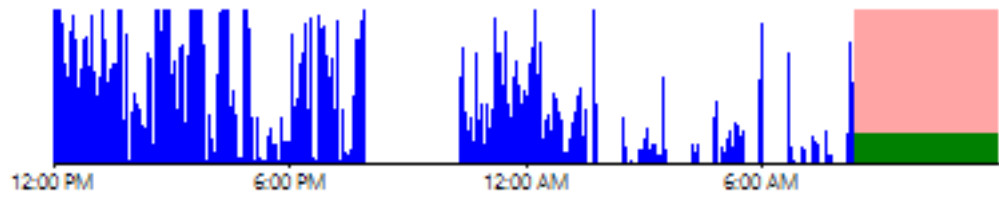
8/14/2019



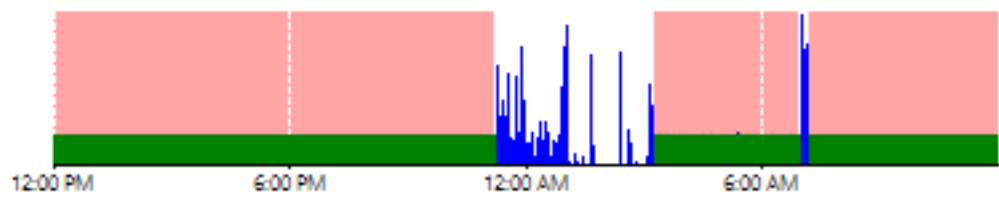
8/15/2019



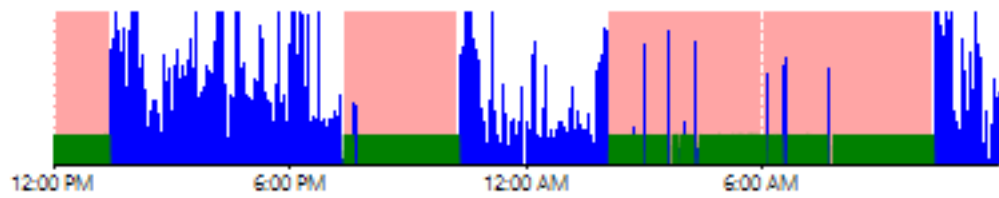
8/16/2019



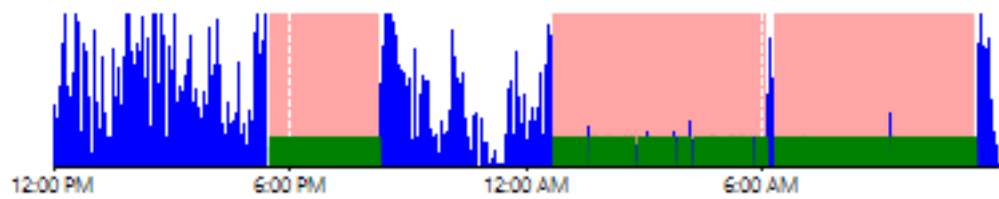
8/17/2019



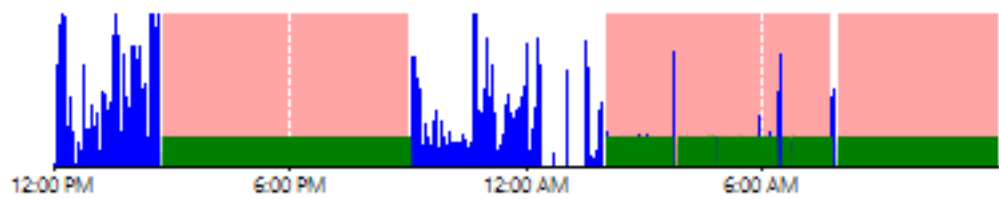
8/18/2019



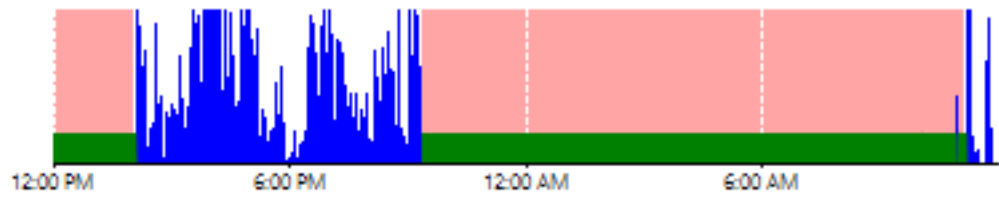
8/19/2019



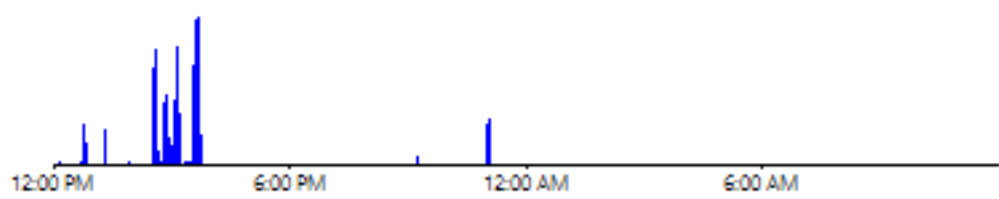
8/20/2019



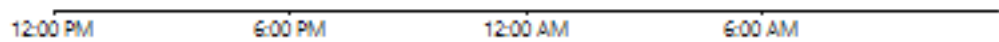
8/21/2019



8/22/2019



8/23/2019



# 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)
8/15/2019 3:10 AM	8/15/2019 6:09 AM	0	91.62%	179	164	15	14	1.07
8/16/2019 4:32 AM	8/16/2019 7:38 AM	0	87.1%	186	162	24	15	1.6
8/16/2019 8:57 AM	8/16/2019 12:00 PM	0	100%	183	183	0	0	0
8/17/2019 8:21 AM	8/17/2019 11:12 PM	0	100%	891	891	0	0	0
8/18/2019 3:17 AM	8/18/2019 6:56 AM	0	91.32%	219	200	19	18	1.06
8/18/2019 7:12 AM	8/18/2019 1:24 PM	0	99.46%	372	370	2	1	2
8/18/2019 7:22 PM	8/18/2019 10:16 PM	0	94.83%	174	165	9	1	9
8/19/2019 2:06 AM	8/19/2019 10:19 AM	0	83.98%	493	414	79	24	3.29
8/19/2019 5:29 PM	8/19/2019 8:16 PM	0	100%	167	167	0	0	0
8/20/2019 12:42 AM	8/20/2019 6:06 AM	0	87.65%	324	284	40	17	2.35
8/20/2019 6:19 AM	8/20/2019 11:24 AM	0	98.36%	305	300	5	3	1.67
8/20/2019 2:46 PM	8/20/2019 9:02 PM	0	100%	376	376	0	0	0
8/21/2019 2:03 AM	8/21/2019 7:44 AM	0	84.16%	341	287	54	22	2.45
8/21/2019 7:55 AM	8/21/2019 2:04 PM	0	100%	369	369	0	0	0
8/21/2019 9:22 PM	8/22/2019 11:09 AM	0	99.15%	827	820	7	3	2.33
<b>2:06 AM</b>	<b>12:54 PM</b>	<b>0</b>	<b>94.51%</b>	<b>360.4</b>	<b>343.47</b>	<b>16.93</b>	<b>7.87</b>	<b>2.15</b>