

# ActiGraph Sleep Report

**Name: SID 180**

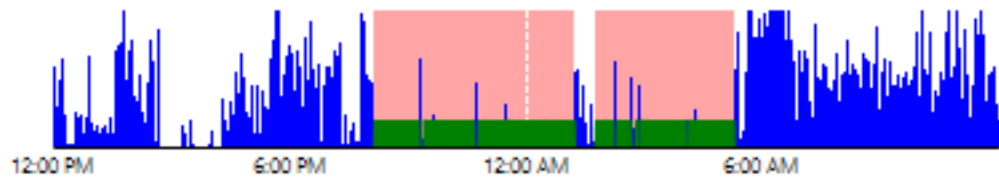
Data Start: 8/15/2019 8:00:00 AM

Data End: 8/25/2019 11:59:00 PM

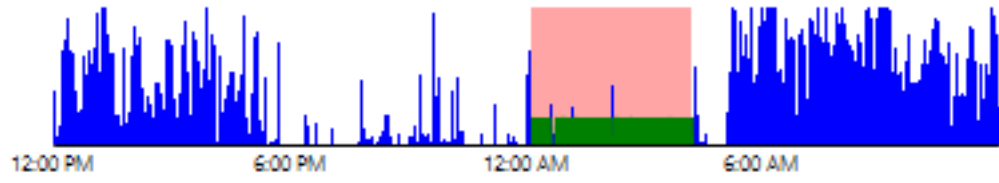
Weight: 195 lbs

Device Serial: TAS1H11190165

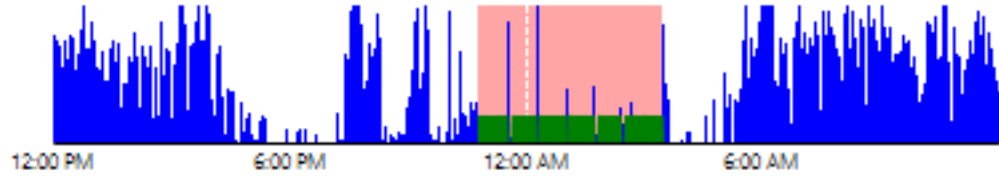
8/15/2019



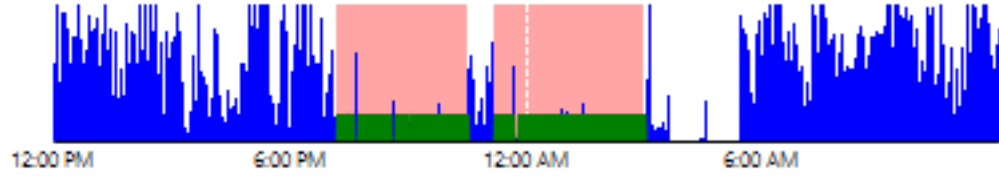
8/16/2019



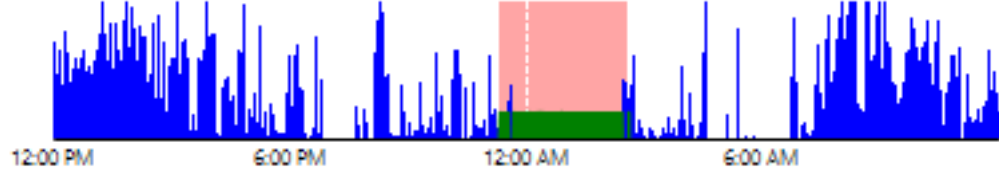
8/17/2019



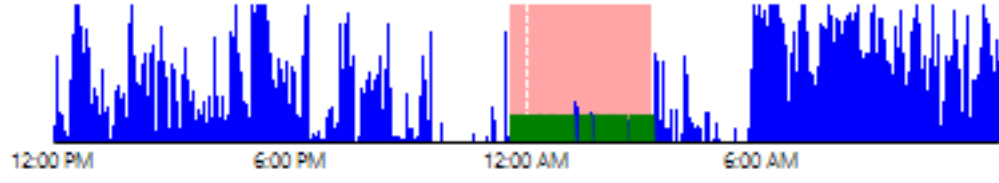
8/18/2019



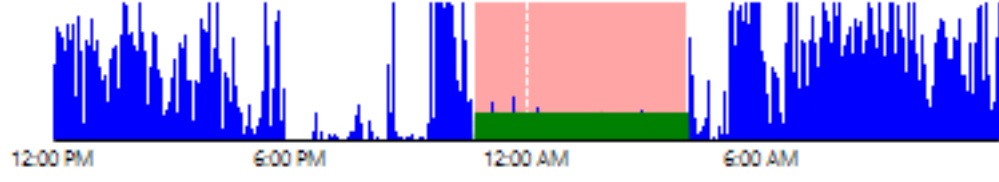
8/19/2019



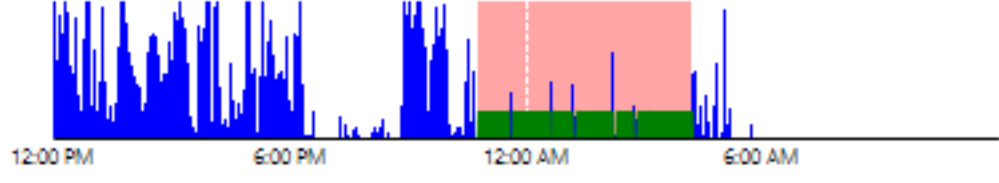
8/20/2019



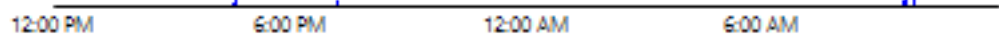
8/21/2019



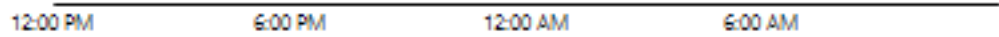
8/22/2019



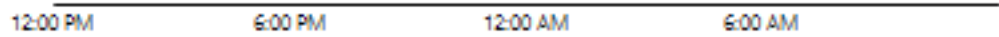
8/23/2019



8/24/2019



8/25/2019



# 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 8:08 PM	8/16/2019 1:13 AM	0	91.8%	305	280	25	9	2.78
8/16/2019 1:45 AM	8/16/2019 5:16 AM	0	85.31%	211	180	31	9	3.44
8/17/2019 12:09 AM	8/17/2019 4:12 AM	0	91.36%	243	222	21	9	2.33
8/17/2019 10:48 PM	8/18/2019 3:27 AM	0	85.66%	279	239	40	10	4
8/18/2019 7:11 PM	8/18/2019 10:31 PM	0	90%	200	180	20	6	3.33
8/18/2019 11:11 PM	8/19/2019 3:01 AM	0	94.35%	230	217	13	6	2.17
8/19/2019 11:18 PM	8/20/2019 2:36 AM	0	88.89%	198	176	22	6	3.67
8/20/2019 11:37 PM	8/21/2019 3:13 AM	0	85.19%	216	184	32	10	3.2
8/21/2019 10:42 PM	8/22/2019 4:05 AM	0	96.59%	323	312	11	9	1.22
8/22/2019 10:46 PM	8/23/2019 4:12 AM	0	88.96%	326	290	36	7	5.14
<b>10:45 PM</b>	<b>5:22 AM</b>	<b>0</b>	<b>89.81%</b>	<b>253.1</b>	<b>228</b>	<b>25.1</b>	<b>8.1</b>	<b>3.1</b>