ActiGraph Sleep Report

Name: PD140

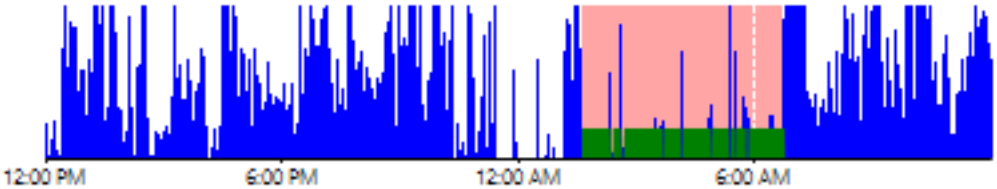
Data Start: 8/16/2019 11:30:00 AM

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

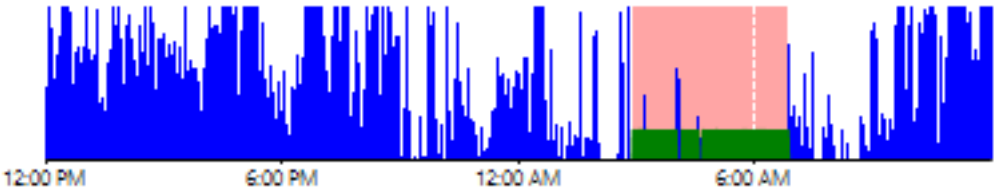
Weight: 182 lbs

Device Serial: TAS1H11190097

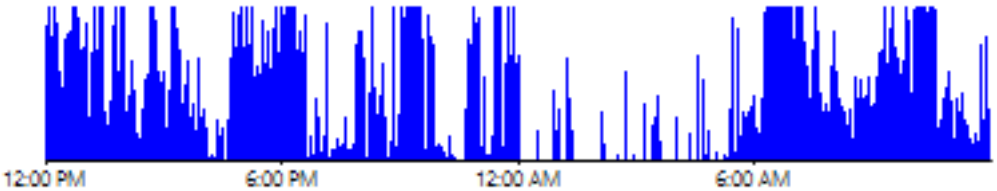
8/16/2019



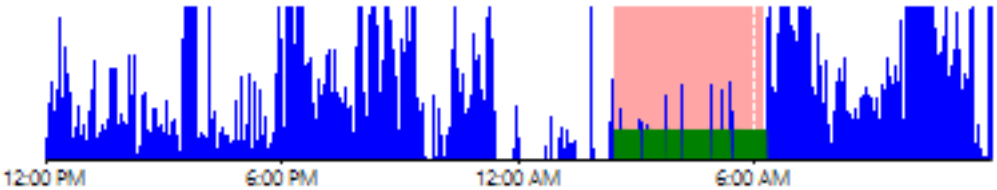
8/17/2019



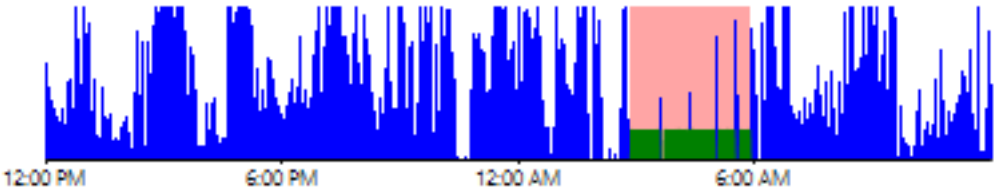
8/18/2019



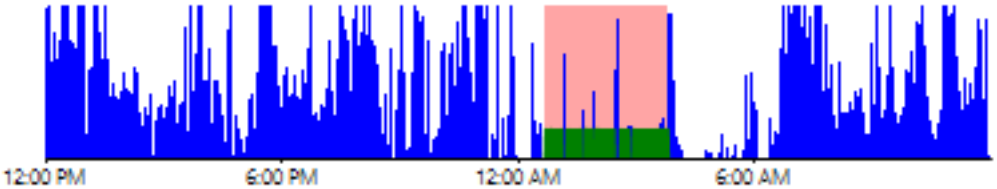
8/19/2019



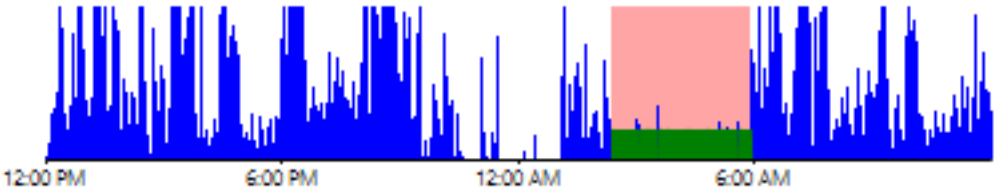
8/20/2019



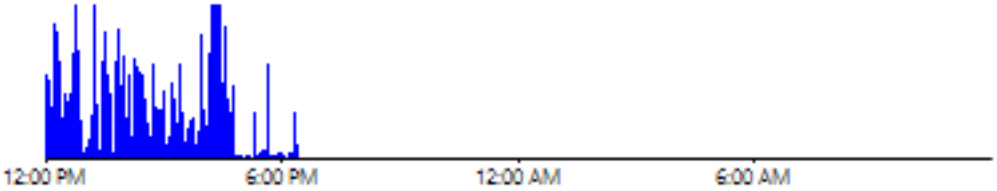
8/21/2019



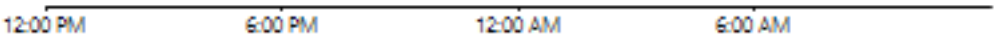
8/22/2019



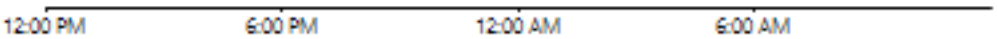
8/23/2019



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)
8/17/2019 1:39 AM	8/17/2019 6:43 AM	0	75.99%	304	231	73	18	4.06
8/18/2019 2:53 AM	8/18/2019 6:51 AM	0	89.08%	238	212	26	11	2.36
8/20/2019 2:28 AM	8/20/2019 6:16 AM	0	78.51%	228	179	49	14	3.5
8/21/2019 2:51 AM	8/21/2019 5:52 AM	0	82.32%	181	149	32	7	4.57
8/22/2019 12:40 AM	8/22/2019 3:48 AM	0	77.66%	188	146	42	12	3.5
8/23/2019 2:23 AM	8/23/2019 5:54 AM	0	89.57%	211	189	22	14	1.57
2:09 AM	**5:54 AM**	**0**	**82.19%**	**225**	**184.33**	**40.67**	**12.67**	**3.21**