

ActiGraph Sleep Report

Name: PD142

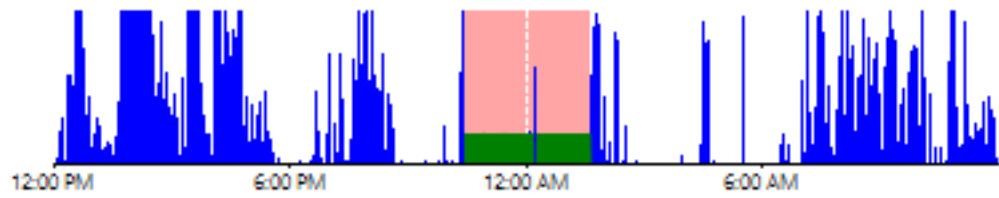
Data Start: 8/20/2019 11:00:00 AM

Data End: 8/29/2019 11:59:00 PM

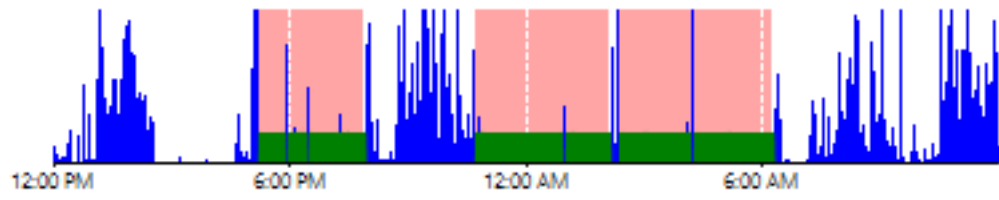
Weight: 183 lbs

Device Serial: TAS1H11190197

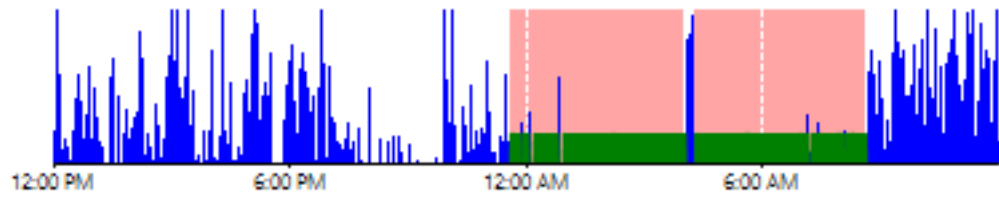
8/20/2019



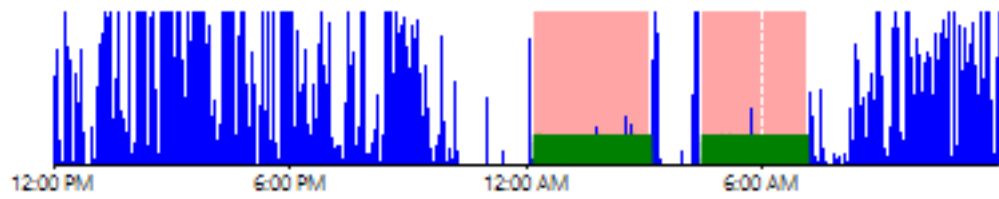
8/21/2019



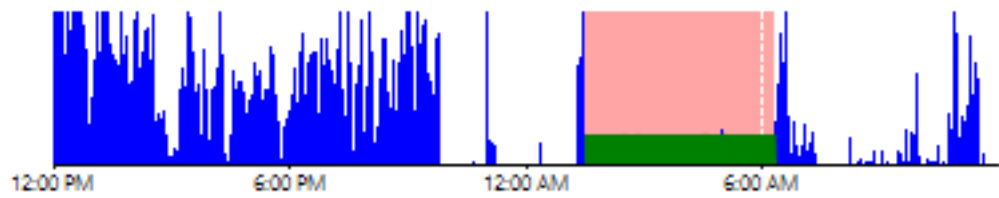
8/22/2019



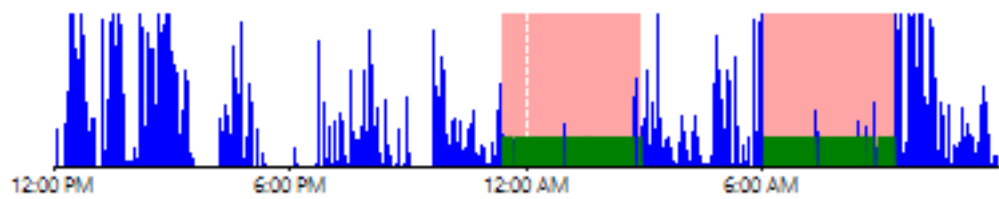
8/23/2019



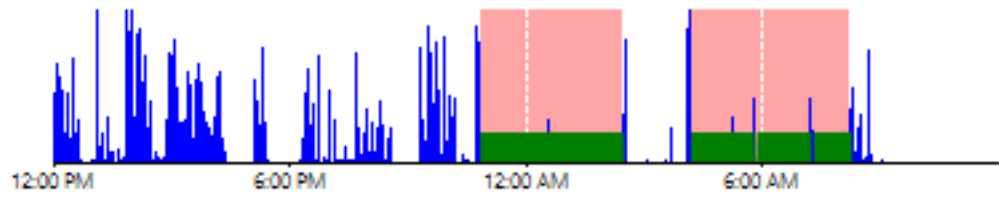
8/24/2019



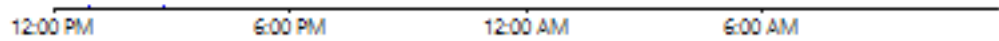
8/25/2019



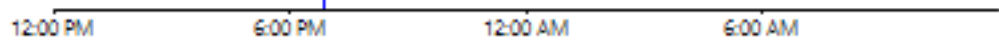
8/26/2019



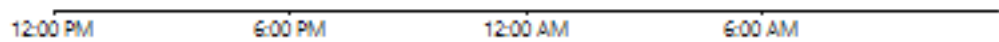
8/27/2019



8/28/2019



8/29/2019



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)
8/20/2019 10:28 PM	8/21/2019 1:36 AM	0	94.15%	188	177	11	4	2.75
8/21/2019 5:13 PM	8/21/2019 7:54 PM	0	84.47%	161	136	25	8	3.13
8/21/2019 10:43 PM	8/22/2019 2:07 AM	0	94.61%	204	193	11	4	2.75
8/22/2019 2:24 AM	8/22/2019 6:16 AM	0	94.83%	232	220	12	4	3
8/22/2019 11:35 PM	8/23/2019 4:02 AM	0	91.01%	267	243	24	6	4
8/23/2019 4:18 AM	8/23/2019 8:37 AM	0	91.89%	259	238	21	11	1.91
8/24/2019 12:11 AM	8/24/2019 3:09 AM	0	95.51%	178	170	8	8	1
8/24/2019 4:27 AM	8/24/2019 7:08 AM	0	96.27%	161	155	6	4	1.5
8/25/2019 1:31 AM	8/25/2019 6:18 AM	0	97.56%	287	280	7	6	1.17
8/25/2019 11:24 PM	8/26/2019 2:54 AM	0	89.52%	210	188	22	5	4.4
8/26/2019 6:02 AM	8/26/2019 9:20 AM	0	87.88%	198	174	24	8	3
8/26/2019 10:52 PM	8/27/2019 2:26 AM	0	98.6%	214	211	3	3	1
8/27/2019 4:12 AM	8/27/2019 8:13 AM	0	90.04%	241	217	24	8	3
12:52 AM	6:18 AM	0	92.8%	215.38	200.15	15.23	6.08	2.51