

ActiGraph Sleep Report

Name: PD143

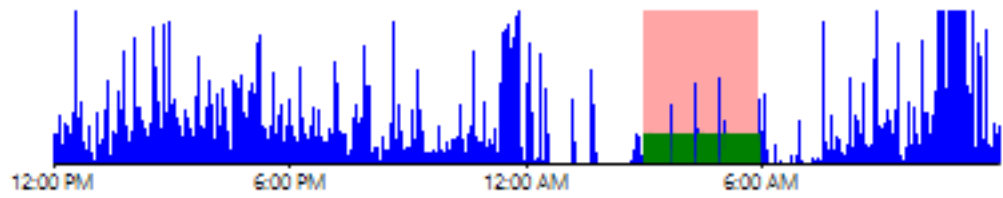
Data Start: 8/23/2019 8:00:00 AM

Data End: 9/1/2019 11:59:00 PM

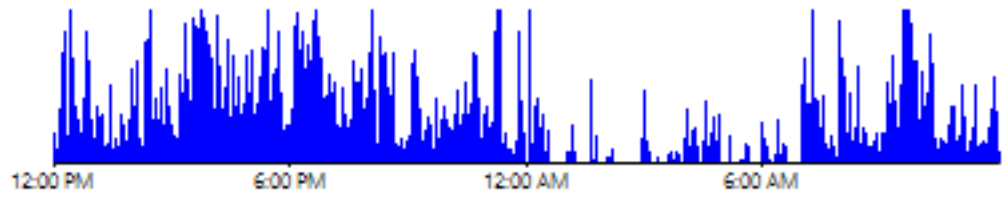
Weight: 191 lbs

Device Serial: TAS1H11190173

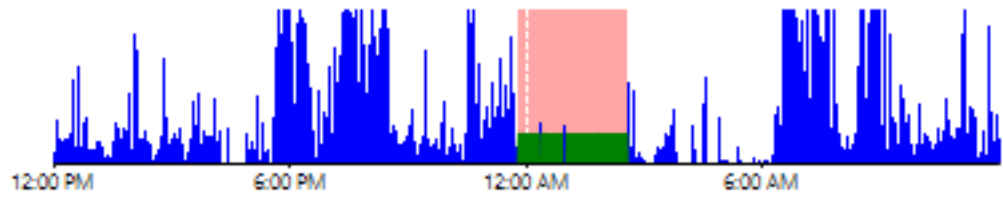
8/23/2019



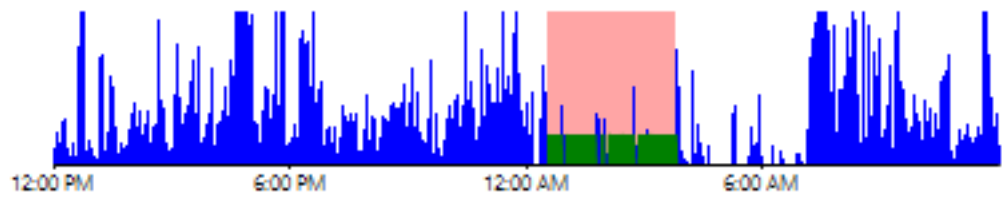
8/24/2019



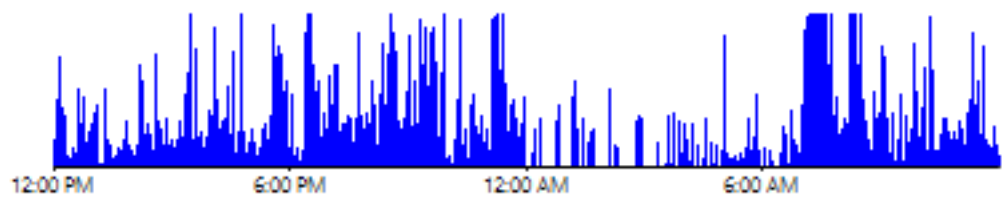
8/25/2019



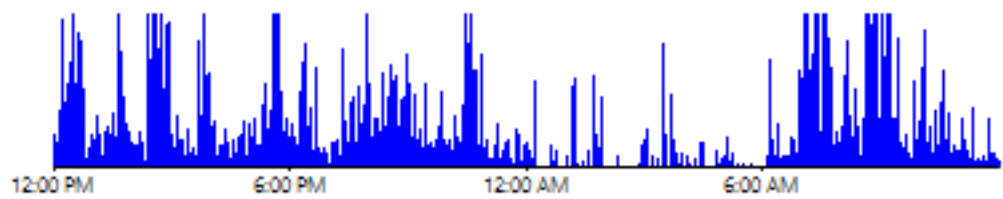
8/26/2019



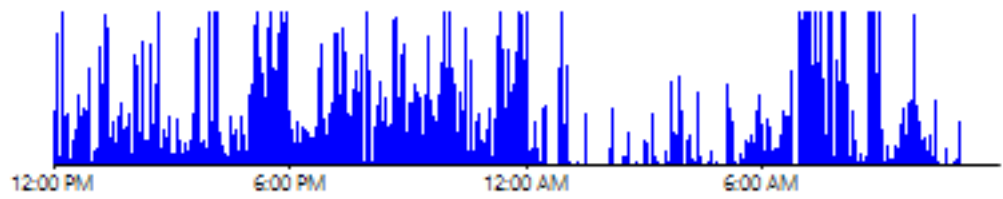
8/27/2019



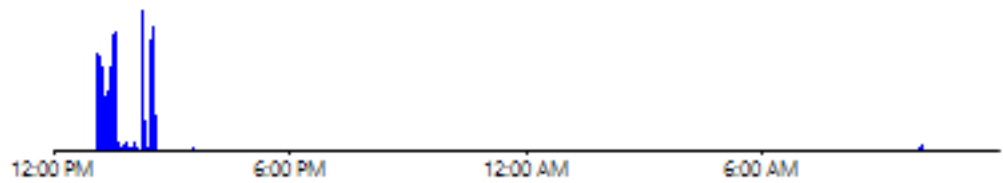
8/28/2019



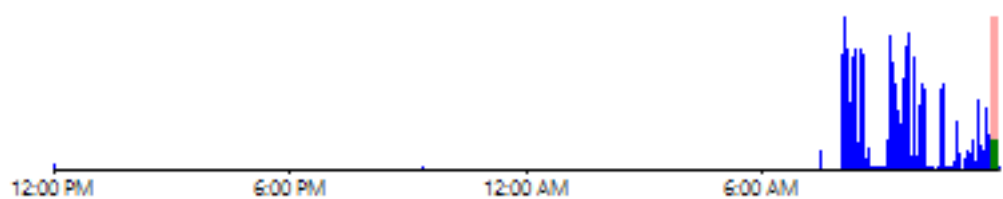
8/29/2019



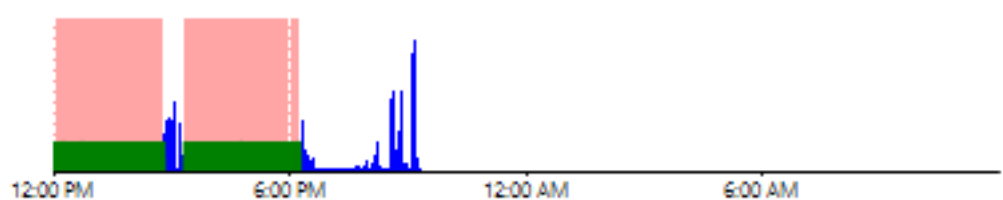
8/30/2019



8/31/2019



9/1/2019



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)
8/24/2019 3:00 AM	8/24/2019 5:54 AM	0	83.91%	174	146	28	8	3.5
8/25/2019 11:47 PM	8/26/2019 2:33 AM	0	90.36%	166	150	16	5	3.2
8/27/2019 12:34 AM	8/27/2019 3:48 AM	0	81.96%	194	159	35	8	4.38
9/1/2019 11:49 AM	9/1/2019 2:48 PM	0	98.32%	179	176	3	2	1.5
9/1/2019 3:18 PM	9/1/2019 6:15 PM	0	98.87%	177	175	2	2	1
1:17 AM	9:03 AM	0	90.68%	178	161.2	16.8	5	3.36