

# ActiGraph Sleep Report

Name: PD144

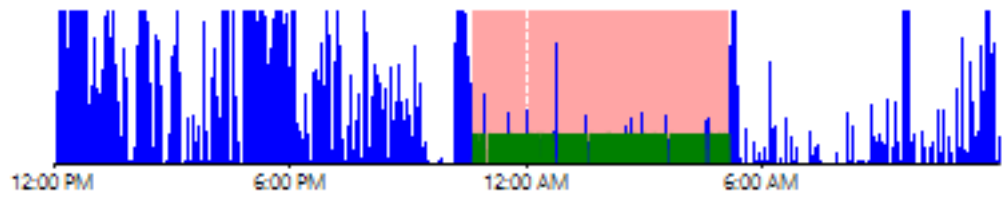
Data Start: 8/23/2019 8:00:00 AM

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

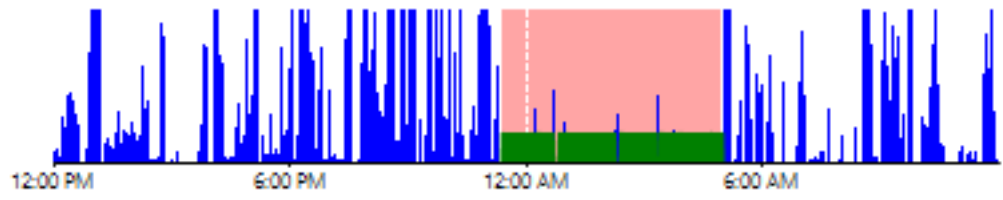
Weight: 283 lbs

Device Serial: TAS1H11190112

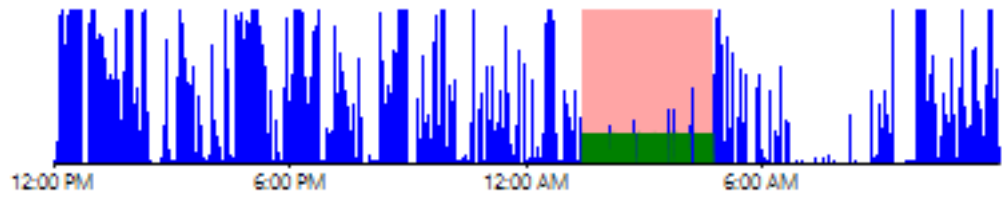
8/23/2019



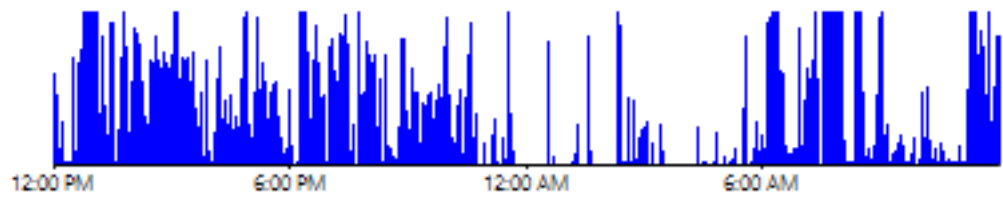
8/24/2019



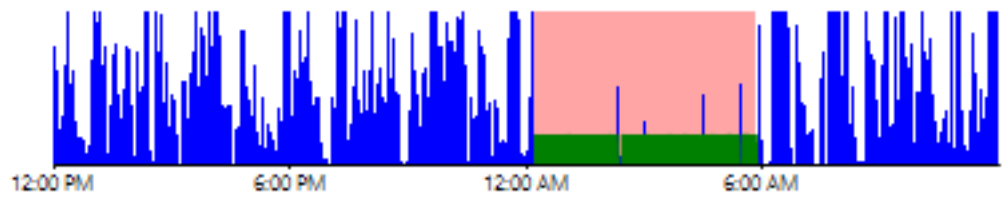
8/25/2019



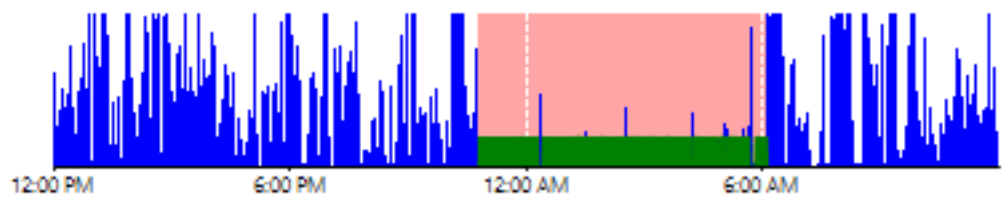
8/26/2019



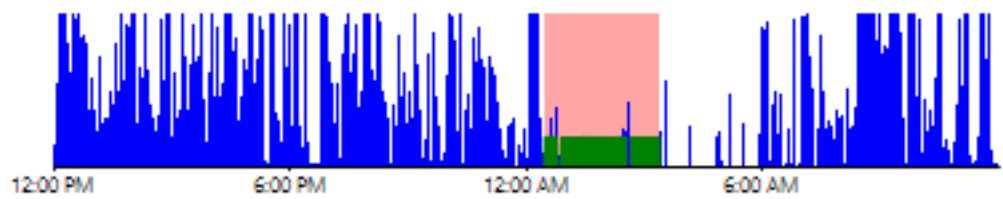
8/27/2019



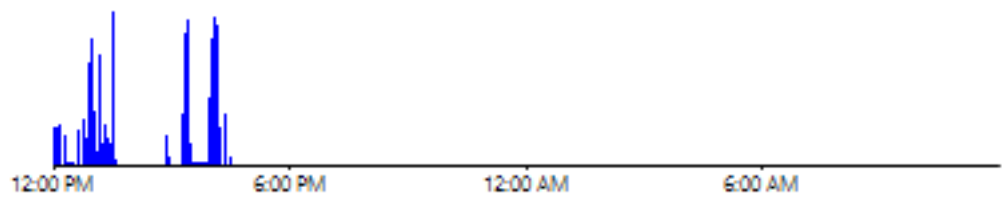
8/28/2019



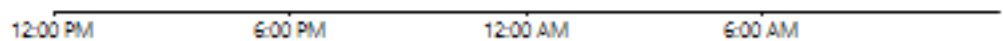
8/29/2019



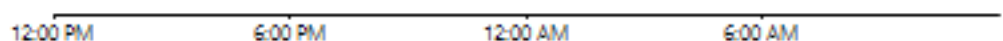
8/30/2019



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)
8/23/2019 8:15 AM	8/23/2019 11:10 AM	0	97.71%	175	171	4	3	1.33
8/23/2019 10:39 PM	8/24/2019 5:08 AM	0	82.26%	389	320	69	25	2.76
8/24/2019 11:22 PM	8/25/2019 4:59 AM	0	91.1%	337	307	30	12	2.5
8/26/2019 1:25 AM	8/26/2019 4:43 AM	0	84.34%	198	167	31	10	3.1
8/28/2019 12:13 AM	8/28/2019 5:50 AM	0	89.91%	337	303	34	16	2.13
8/28/2019 10:47 PM	8/29/2019 6:06 AM	0	88.38%	439	388	51	24	2.13
8/30/2019 12:27 AM	8/30/2019 3:22 AM	0	85.14%	175	149	26	10	2.6
<b>1:01 AM</b>	<b>5:54 AM</b>	<b>0</b>	<b>88.41%</b>	<b>292.86</b>	<b>257.86</b>	<b>35</b>	<b>14.29</b>	<b>2.45</b>