

ActiGraph Sleep Report

Name: PD145

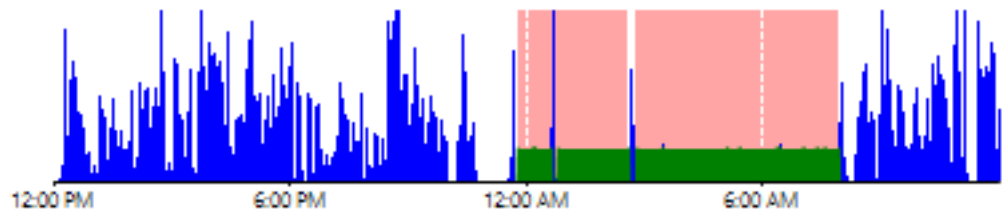
Data Start: 8/26/2019 9:00:00 AM

Data End: 9/3/2019 11:15:00 AM

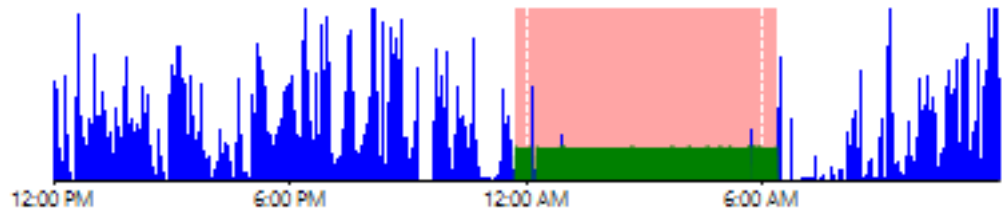
Weight: 205 lbs

Device Serial: TAS1H11190161

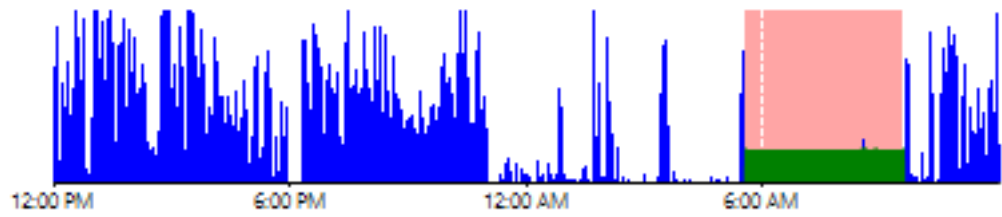
8/26/2019



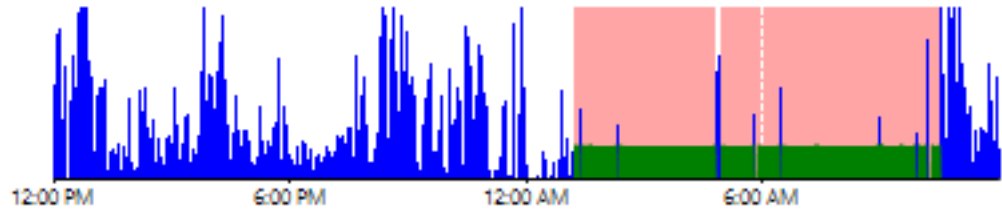
8/27/2019



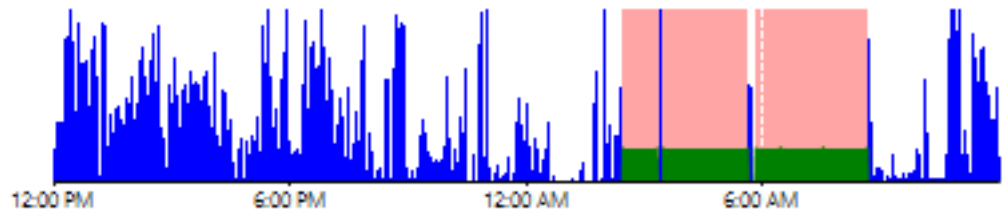
8/28/2019



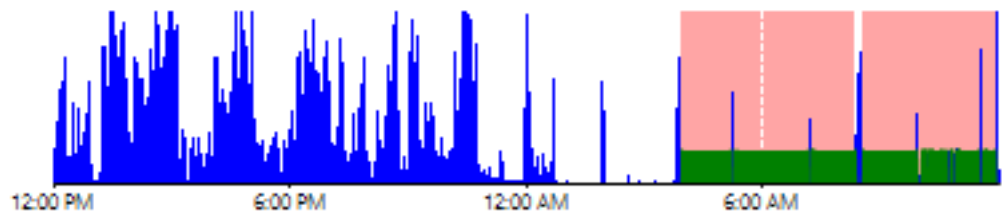
8/29/2019



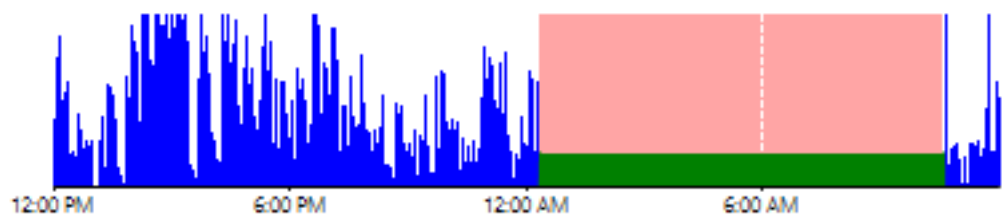
8/30/2019



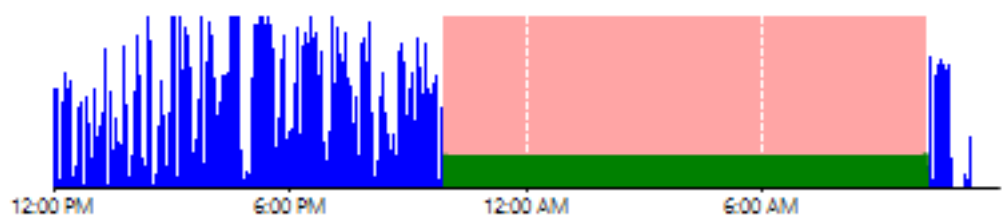
8/31/2019



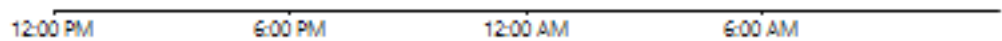
9/1/2019



9/2/2019



9/3/2019



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)
8/26/2019 11:46 PM	8/27/2019 2:36 AM	0	93.53%	170	159	11	3	3.67
8/27/2019 2:48 AM	8/27/2019 7:56 AM	0	97.08%	308	299	9	8	1.13
8/27/2019 11:43 PM	8/28/2019 6:21 AM	0	93.72%	398	373	25	13	1.92
8/29/2019 5:33 AM	8/29/2019 9:34 AM	0	98.34%	241	237	4	3	1.33
8/30/2019 1:14 AM	8/30/2019 4:47 AM	0	92.96%	213	198	15	3	5
8/30/2019 4:59 AM	8/30/2019 10:29 AM	0	89.09%	330	294	36	8	4.5
8/31/2019 2:26 AM	8/31/2019 5:37 AM	0	95.29%	191	182	9	1	9
8/31/2019 5:48 AM	8/31/2019 8:39 AM	0	98.83%	171	169	2	2	1
9/1/2019 3:56 AM	9/1/2019 8:21 AM	0	95.47%	265	253	12	3	4
9/1/2019 8:32 AM	9/1/2019 11:54 AM	0	80.2%	202	162	40	10	4
9/2/2019 12:20 AM	9/2/2019 10:35 AM	0	100%	615	615	0	0	0
9/2/2019 9:56 PM	9/3/2019 10:10 AM	0	99.86%	734	733	1	1	1
2:45 AM	8:04 AM	0	94.53%	319.83	306.17	13.67	4.58	2.98