

# ActiGraph Sleep Report

Name: PD146

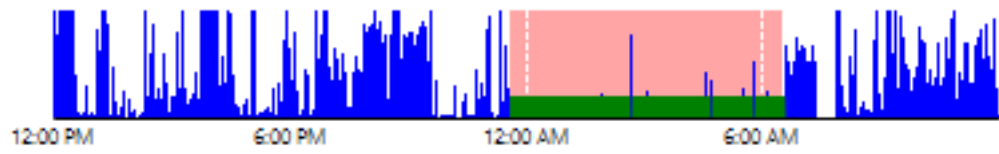
Data Start: 9/12/2019 11:00:00 AM

Data End: 9/24/2019 3:18:00 PM

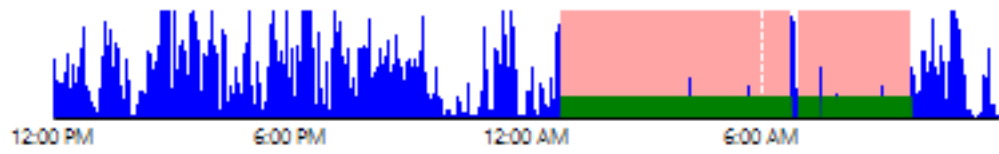
Weight: 181 lbs

Device Serial: TAS1H11190164

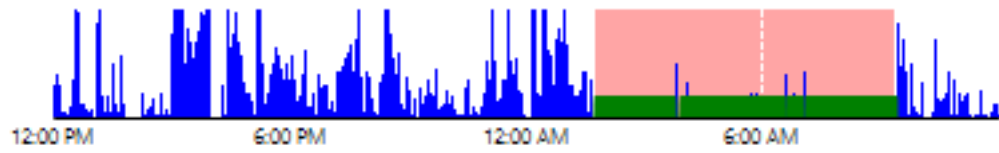
9/12/2019



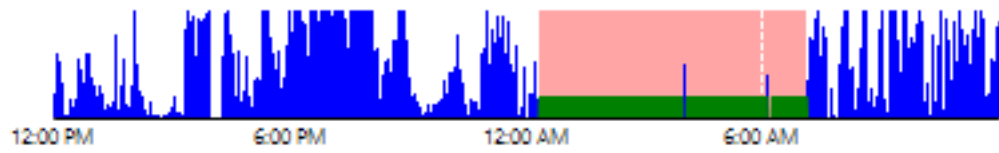
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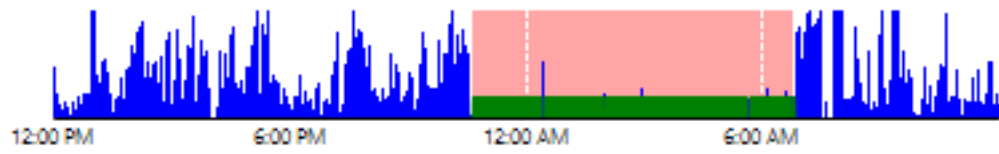
9/14/2019



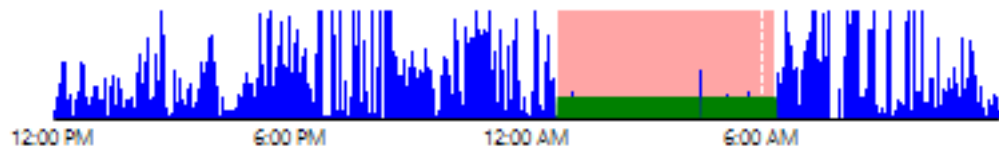
9/15/2019



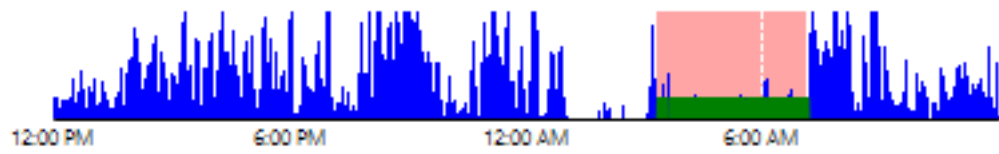
9/16/2019



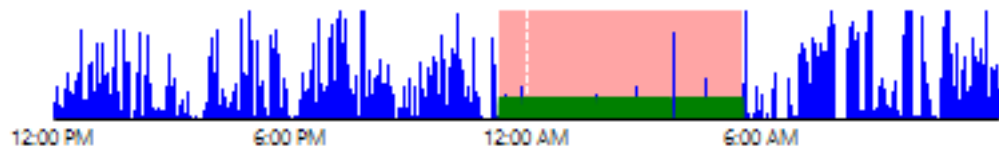
9/17/2019



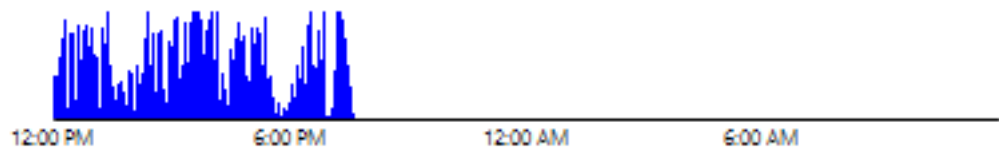
9/18/2019



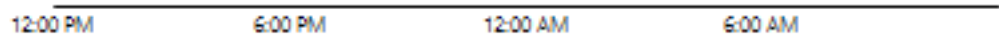
9/19/2019



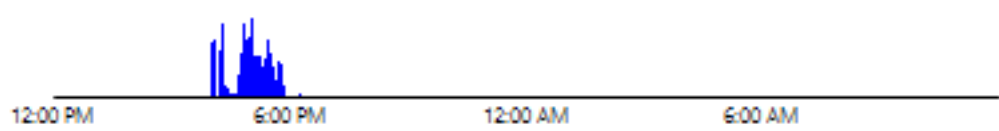
9/20/2019



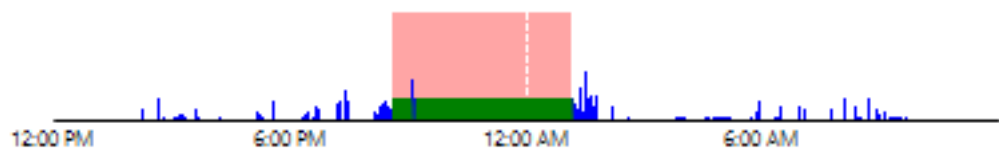
9/21/2019



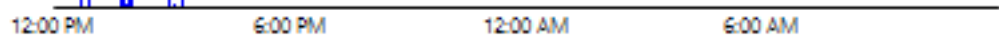
9/22/2019



9/23/2019



9/24/2019



# 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)
9/12/2019 11:36 PM	9/13/2019 6:32 AM	0	89.42%	416	372	44	18	2.44
9/14/2019 12:53 AM	9/14/2019 6:42 AM	0	97.71%	349	341	8	6	1.33
9/14/2019 6:55 AM	9/14/2019 9:45 AM	0	92.94%	170	158	12	5	2.4
9/15/2019 1:44 AM	9/15/2019 9:23 AM	0	91.72%	459	421	38	16	2.38
9/16/2019 12:19 AM	9/16/2019 7:07 AM	0	91.91%	408	375	33	17	1.94
9/16/2019 10:38 PM	9/17/2019 6:48 AM	0	91.84%	490	450	40	18	2.22
9/18/2019 12:47 AM	9/18/2019 6:19 AM	0	93.07%	332	309	23	14	1.64
9/19/2019 3:19 AM	9/19/2019 7:09 AM	0	83.91%	230	193	37	22	1.68
9/19/2019 11:18 PM	9/20/2019 5:29 AM	0	90.57%	371	336	35	16	2.19
9/23/2019 8:38 PM	9/24/2019 1:08 AM	0	96.67%	270	261	9	2	4.5
<b>12:48 AM</b>	<b>6:38 AM</b>	<b>0</b>	<b>91.98%</b>	<b>349.5</b>	<b>321.6</b>	<b>27.9</b>	<b>13.4</b>	<b>2.08</b>