

# ActiGraph Sleep Report

**Name: PD149-PA**

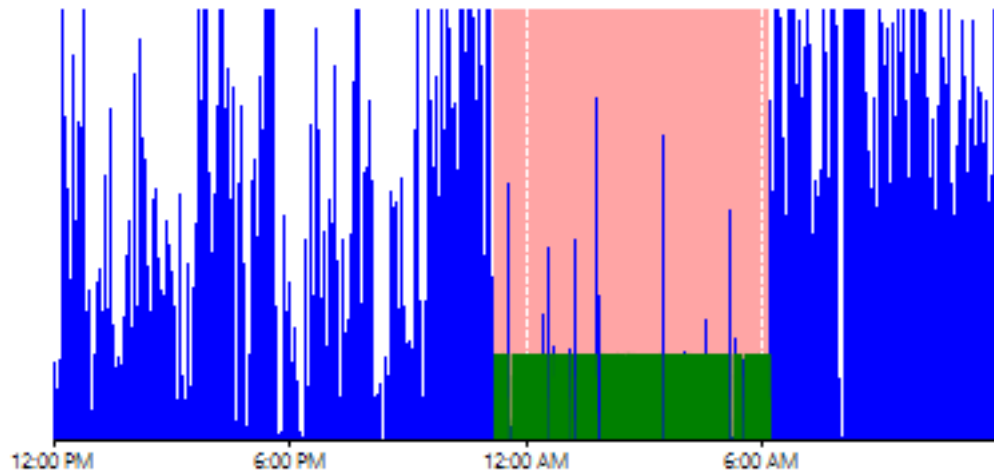
Data Start: 8/29/2019 9:00:00 AM

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

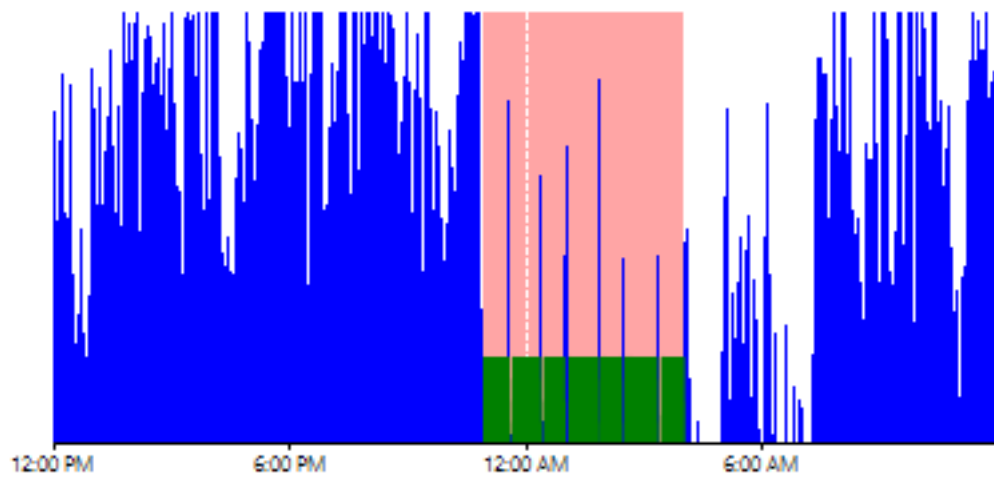
Weight: 174 lbs

Device Serial: TAS1H11190093

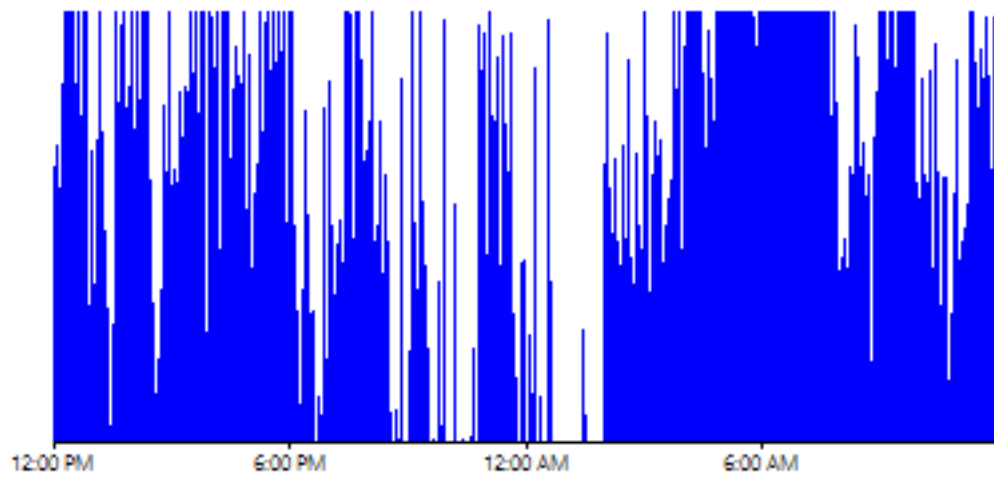
8/29/2019



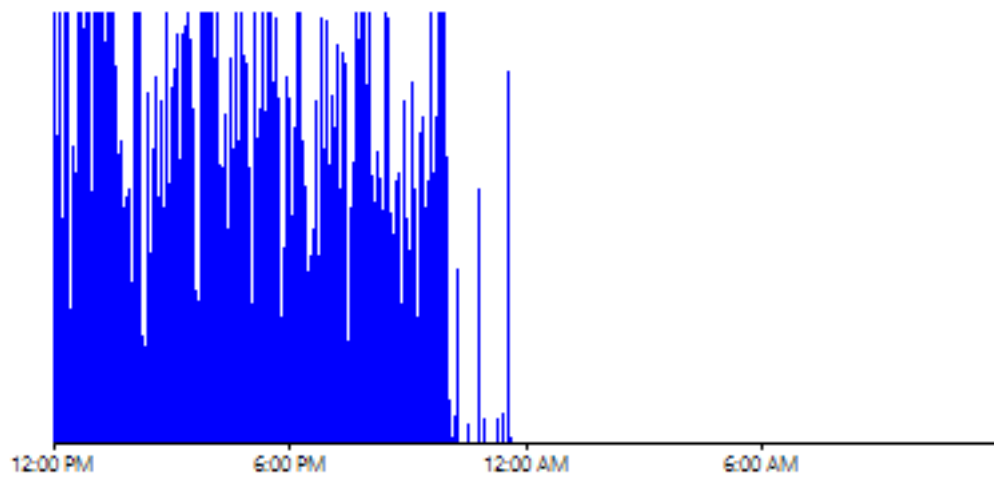
8/30/2019



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)
8/29/2019 11:12 PM	8/30/2019 6:10 AM	0	81.1%	418	339	79	26	3.04
8/30/2019 10:56 PM	8/31/2019 3:59 AM	0	84.82%	303	257	46	7	6.57
<b>11:04 PM</b>	<b>5:04 AM</b>	<b>0</b>	<b>82.96%</b>	<b>360.5</b>	<b>298</b>	<b>62.5</b>	<b>16.5</b>	<b>3.79</b>