

ActiGraph Sleep Report

Name: PD151

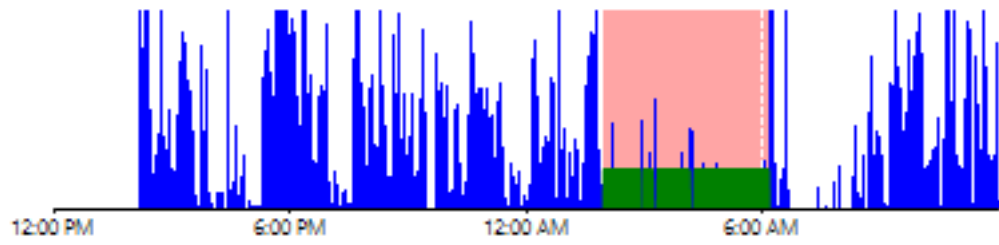
Data Start: 9/6/2019 2:09:00 PM

Data End: 9/13/2019 12:45:00 PM

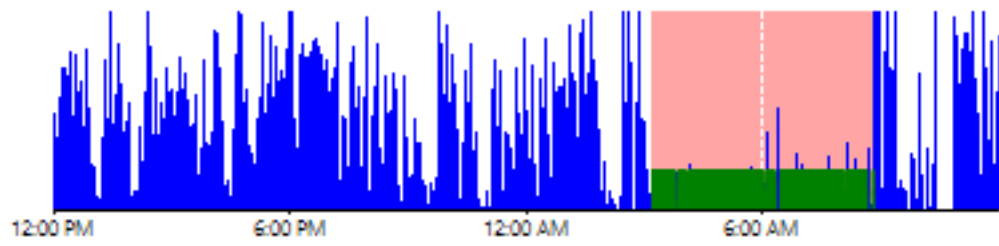
Weight: 170 lbs

Device Serial: TAS1H11190141

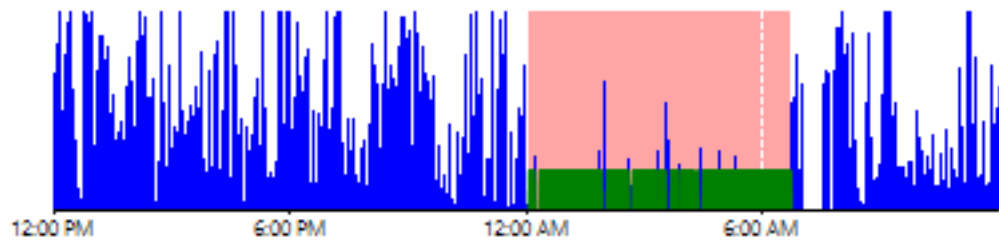
9/6/2019



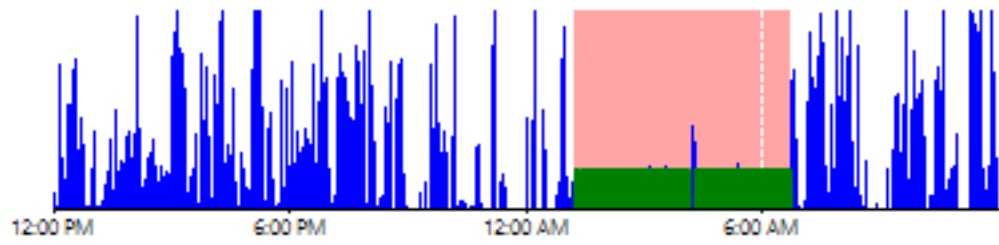
9/7/2019



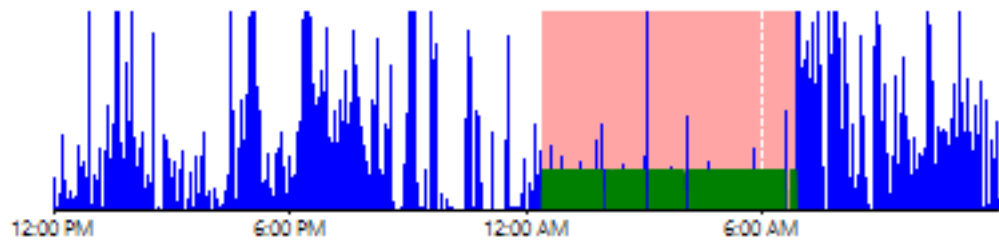
9/8/2019



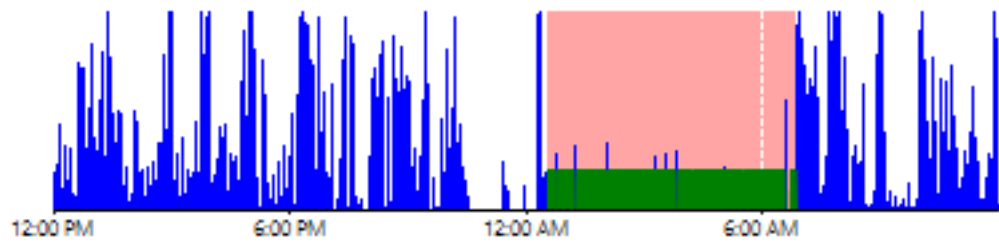
9/9/2019



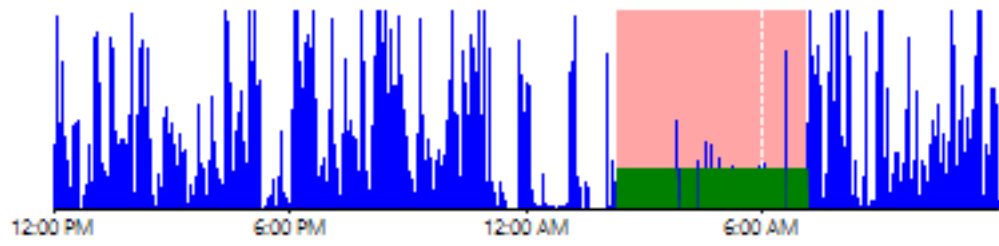
9/10/2019



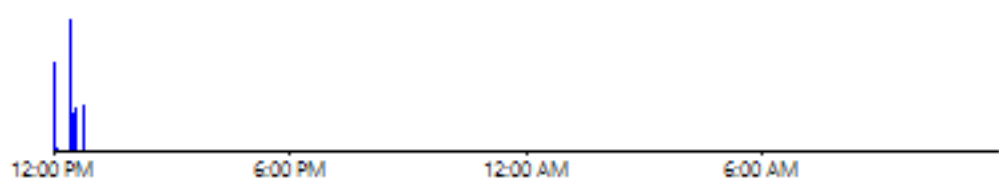
9/11/2019



9/12/2019



9/13/2019



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)
9/7/2019 1:57 AM	9/7/2019 6:09 AM	0	82.94%	252	209	43	24	1.79
9/8/2019 3:13 AM	9/8/2019 8:48 AM	0	80.6%	335	270	65	31	2.1
9/9/2019 12:03 AM	9/9/2019 6:43 AM	0	81.25%	400	325	75	31	2.42
9/10/2019 1:13 AM	9/10/2019 6:43 AM	0	90.3%	330	298	32	23	1.39
9/11/2019 12:24 AM	9/11/2019 6:50 AM	0	79.79%	386	308	78	40	1.95
9/12/2019 12:34 AM	9/12/2019 6:50 AM	0	83.24%	376	313	63	34	1.85
9/13/2019 2:18 AM	9/13/2019 7:07 AM	0	82.01%	289	237	52	21	2.48
1:23 AM	7:01 AM	0	82.88%	338.29	280	58.29	29.14	2