

ActiGraph Sleep Report

Name: PD155

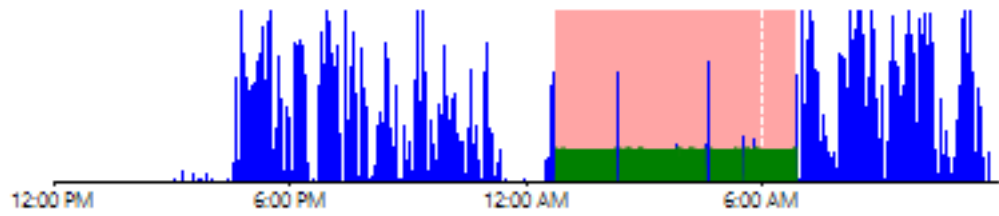
Data Start: 10/11/2019 3:00:00 PM

Data End: 10/19/2019 11:04:00 PM

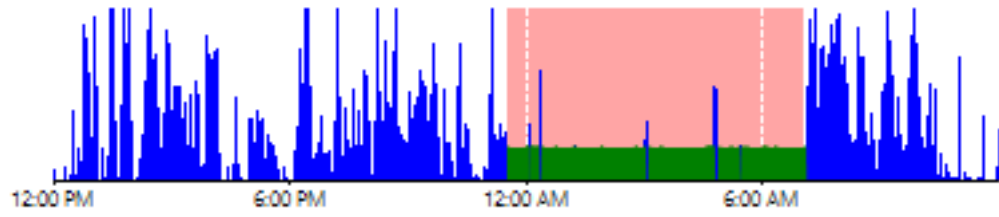
Weight: 234 lbs

Device Serial: TAS1H11190098

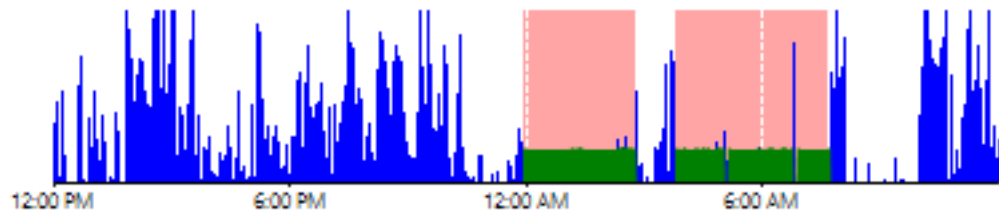
10/11/2019



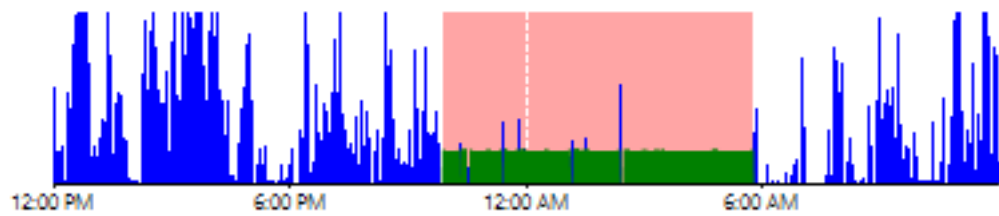
10/12/2019



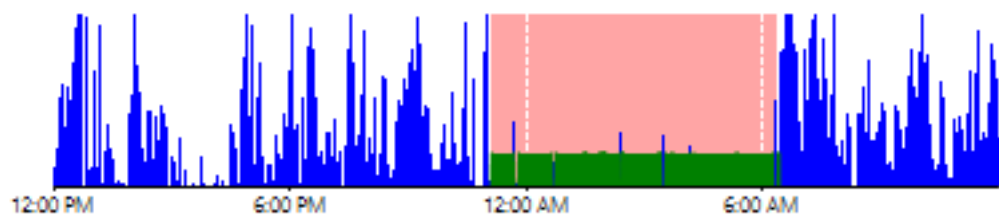
10/13/2019



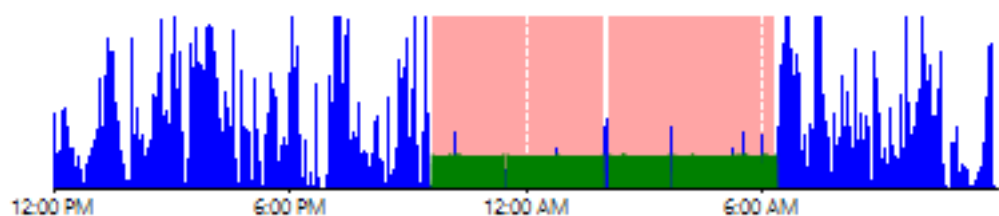
10/14/2019



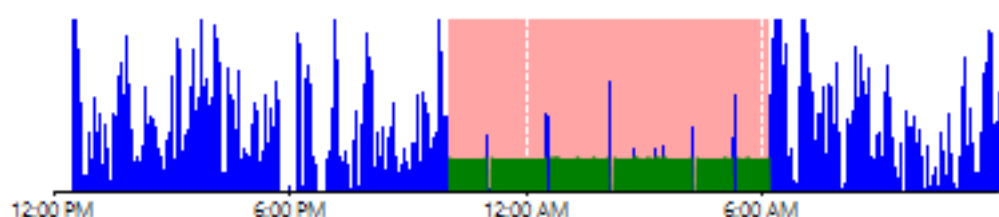
10/15/2019



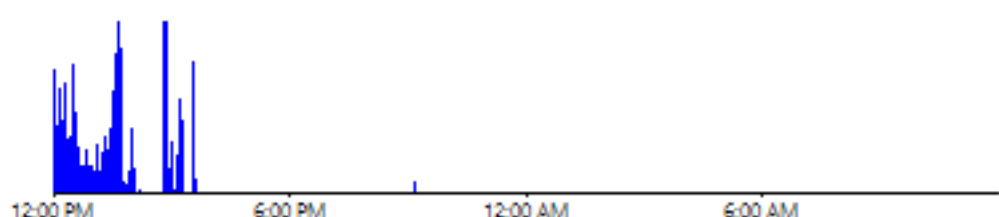
10/16/2019



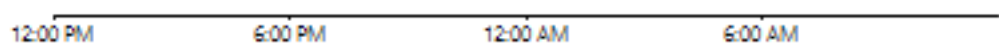
10/17/2019



10/18/2019



10/19/2019



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)
10/12/2019 12:45 AM	10/12/2019 6:50 AM	0	87.95%	365	321	44	17	2.59
10/12/2019 11:32 PM	10/13/2019 7:04 AM	0	87.83%	452	397	55	21	2.62
10/13/2019 11:57 PM	10/14/2019 2:45 AM	0	91.07%	168	153	15	8	1.88
10/14/2019 3:49 AM	10/14/2019 7:41 AM	0	86.64%	232	201	31	13	2.38
10/14/2019 9:53 PM	10/15/2019 5:44 AM	0	87.69%	471	413	58	23	2.52
10/15/2019 11:06 PM	10/16/2019 6:24 AM	0	88.81%	438	389	49	16	3.06
10/16/2019 9:36 PM	10/17/2019 1:57 AM	0	95.4%	261	249	12	5	2.4
10/17/2019 2:07 AM	10/17/2019 6:20 AM	0	91.7%	253	232	21	10	2.1
10/17/2019 10:03 PM	10/18/2019 6:09 AM	0	88.07%	486	428	58	18	3.22
11:52 PM	5:39 AM	0	89.46%	347.33	309.22	38.11	14.56	2.62