

# ActiGraph Sleep Report

Name: PD157

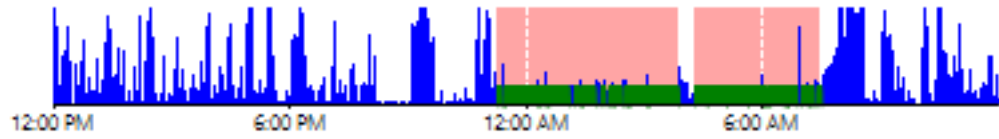
Data Start: 10/16/2019 10:00:00 AM

Data End: 10/29/2019 7:48:00 PM

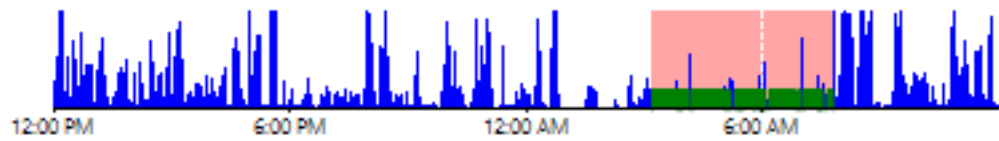
Weight: 185 lbs

Device Serial: TAS1H11190144

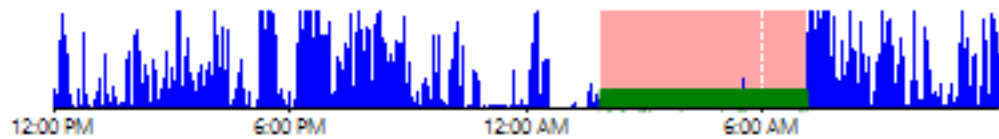
10/16/2019



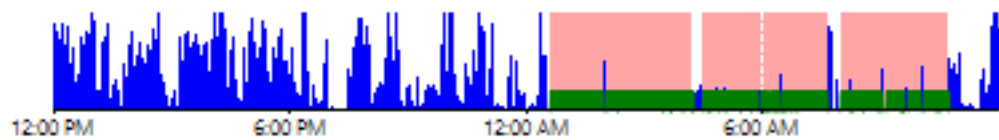
10/17/2019



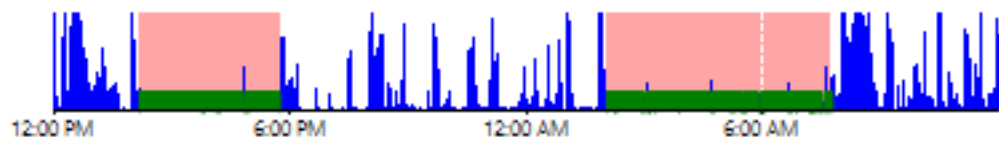
10/18/2019



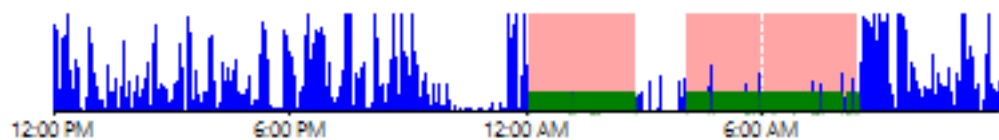
10/19/2019



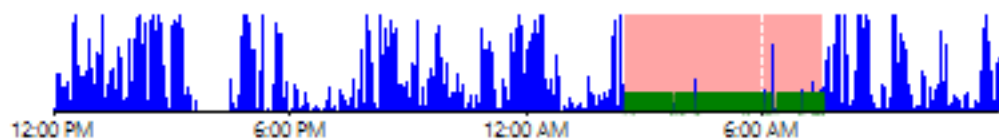
10/20/2019



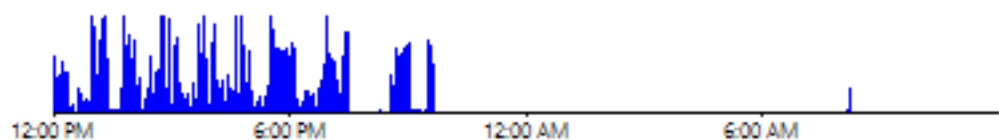
10/21/2019



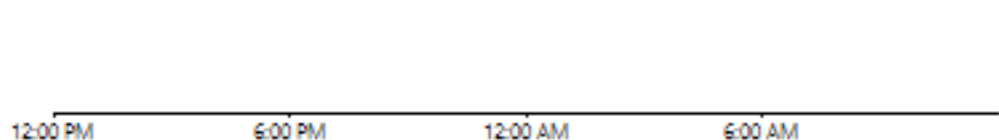
10/22/2019



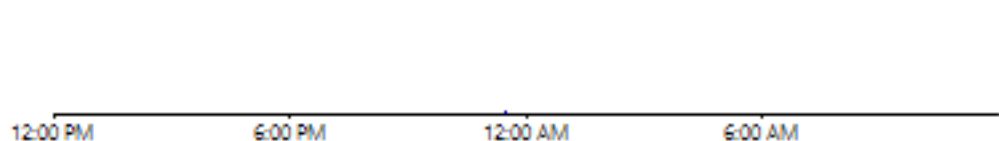
10/23/2019



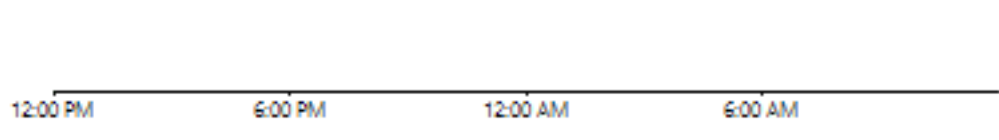
10/24/2019



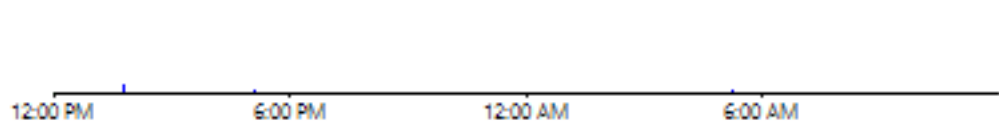
10/25/2019



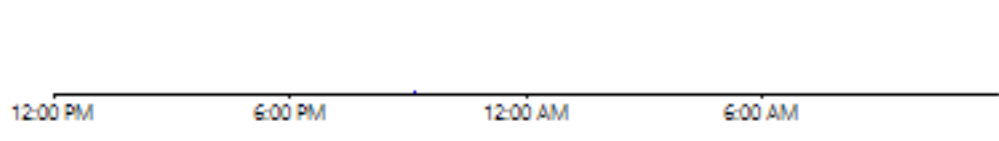
10/26/2019



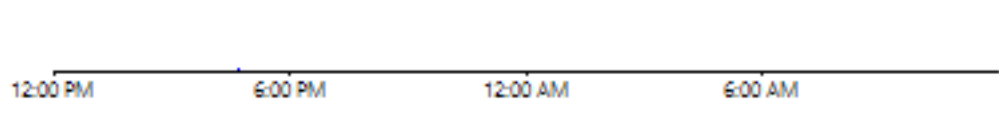
10/27/2019



10/28/2019



10/29/2019



# 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) |
|------------------------|------------------------|---------------|---------------|-------------------------|------------------------------|-------------------------------|-----------------|---------------------|
| 10/16/2019<br>11:17 PM | 10/17/2019<br>3:52 AM  | 0             | 81.45%        | 275                     | 224                          | 51                            | 18              | 2.83                |
| 10/17/2019<br>4:17 AM  | 10/17/2019<br>7:29 AM  | 0             | 85.42%        | 192                     | 164                          | 28                            | 15              | 1.87                |
| 10/18/2019<br>3:12 AM  | 10/18/2019<br>7:46 AM  | 0             | 77.01%        | 274                     | 211                          | 63                            | 16              | 3.94                |
| 10/19/2019<br>1:52 AM  | 10/19/2019<br>7:07 AM  | 0             | 93.02%        | 315                     | 293                          | 22                            | 15              | 1.47                |
| 10/20/2019<br>12:36 AM | 10/20/2019<br>4:14 AM  | 0             | 94.04%        | 218                     | 205                          | 13                            | 7               | 1.86                |
| 10/20/2019<br>4:28 AM  | 10/20/2019<br>7:38 AM  | 0             | 80%           | 190                     | 152                          | 38                            | 18              | 2.11                |
| 10/20/2019<br>7:58 AM  | 10/20/2019<br>10:43 AM | 0             | 82.42%        | 165                     | 136                          | 29                            | 11              | 2.64                |
| 10/20/2019<br>2:11 PM  | 10/20/2019<br>5:44 PM  | 0             | 94.37%        | 213                     | 201                          | 12                            | 6               | 2                   |
| 10/21/2019<br>2:03 AM  | 10/21/2019<br>7:45 AM  | 0             | 87.43%        | 342                     | 299                          | 43                            | 28              | 1.54                |
| 10/22/2019<br>12:05 AM | 10/22/2019<br>2:45 AM  | 0             | 93.75%        | 160                     | 150                          | 10                            | 6               | 1.67                |
| 10/22/2019<br>4:04 AM  | 10/22/2019<br>8:25 AM  | 0             | 81.61%        | 261                     | 213                          | 48                            | 15              | 3.2                 |
| 10/23/2019<br>2:30 AM  | 10/23/2019<br>7:32 AM  | 0             | 82.12%        | 302                     | 248                          | 54                            | 19              | 2.84                |
| <b>1:42 AM</b>         | <b>7:45 AM</b>         | <b>0</b>      | <b>86.05%</b> | <b>242.25</b>           | <b>208</b>                   | <b>34.25</b>                  | <b>14.5</b>     | <b>2.36</b>         |