ActiGraph Sleep Report

Name: PD159

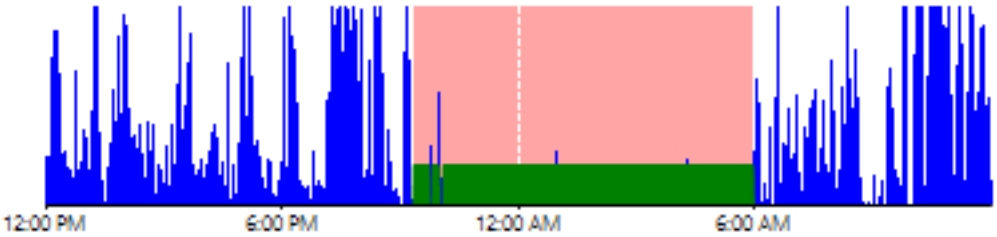
Data Start: 10/21/2019 9:00:00 AM

Data End: 10/28/2019 9:53:00 AM

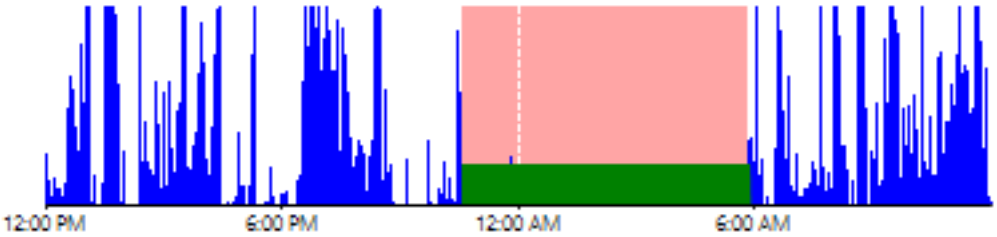
Weight: 201 lbs

Device Serial: TAS1H11190173

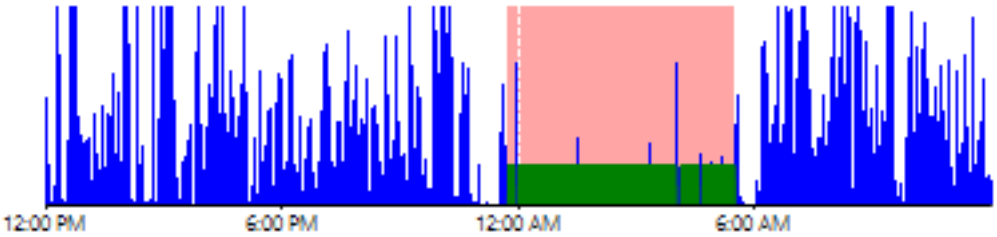
10/21/2019



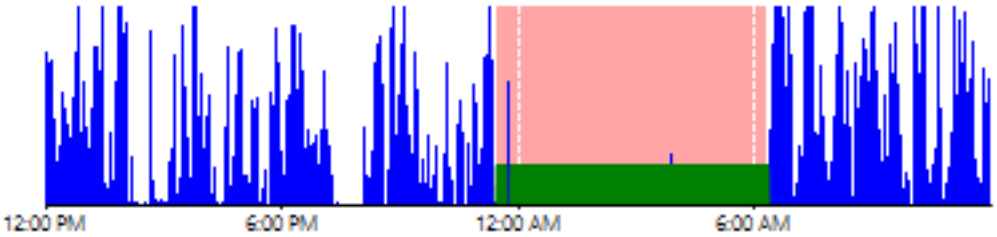
10/22/2019



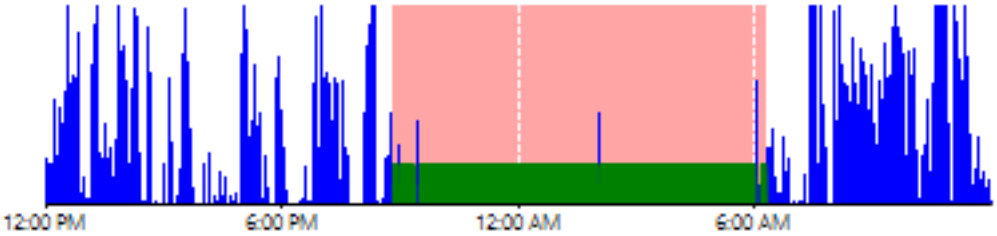
10/23/2019



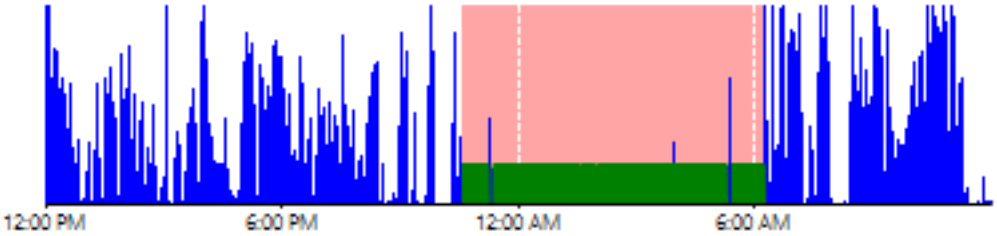
10/24/2019



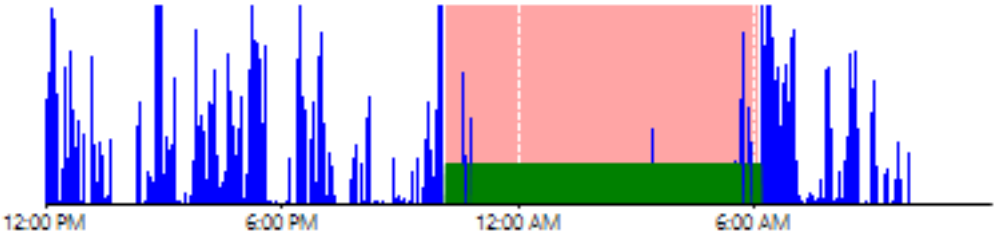
10/25/2019



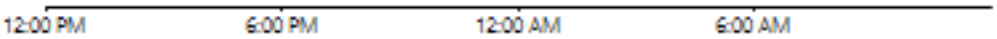
10/26/2019



10/27/2019



10/28/2019



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)
10/21/2019 9:20 PM	10/22/2019 5:57 AM	0	95.55%	517	494	23	10	2.3
10/22/2019 10:36 PM	10/23/2019 5:51 AM	0	98.16%	435	427	8	8	1
10/23/2019 11:44 PM	10/24/2019 5:29 AM	0	89.57%	345	309	36	13	2.77
10/24/2019 11:26 PM	10/25/2019 6:20 AM	0	96.86%	414	401	13	5	2.6
10/25/2019 8:49 PM	10/26/2019 6:17 AM	0	93.66%	568	532	36	11	3.27
10/26/2019 10:35 PM	10/27/2019 6:14 AM	0	92.81%	459	426	33	12	2.75
10/27/2019 10:09 PM	10/28/2019 6:08 AM	0	91.02%	479	436	43	15	2.87
10:22 PM	**6:02 AM**	**0**	**93.95%**	**459.57**	**432.14**	**27.43**	**10.57**	**2.59**