

ActiGraph Sleep Report

Name: PD163

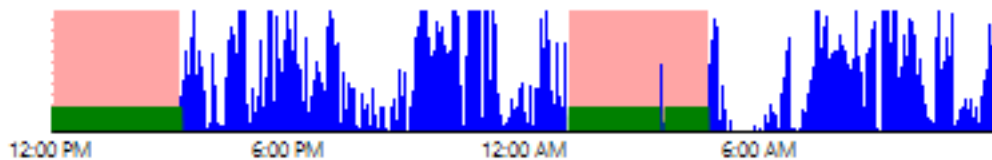
Data Start: 10/24/2019 9:00:00 AM

Data End: 11/4/2019 3:59:00 PM

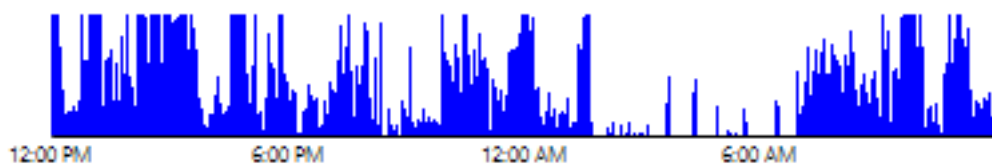
Weight: 268 lbs

Device Serial: TAS1H11190097

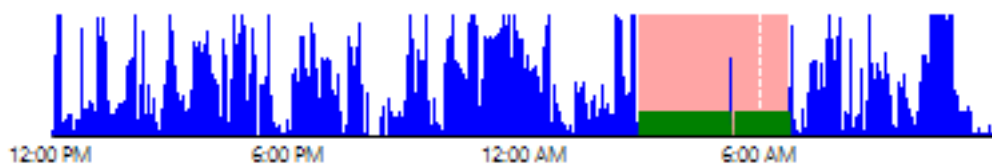
10/24/2019



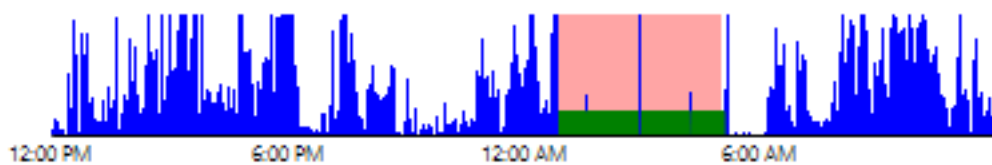
10/25/2019



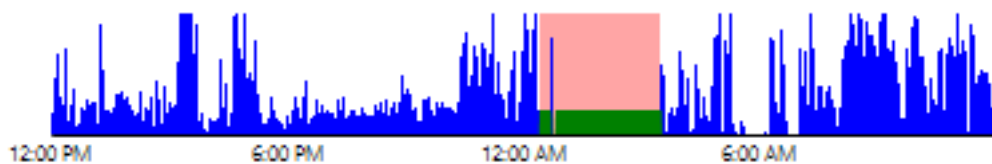
10/26/2019



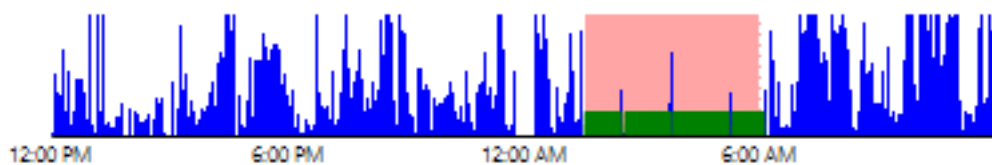
10/27/2019



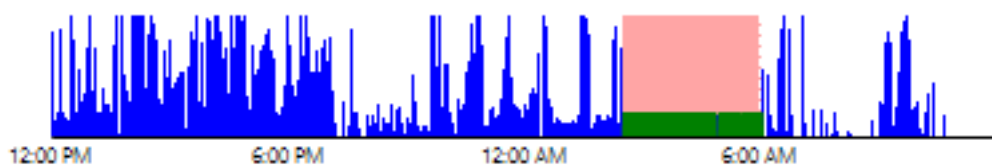
10/28/2019



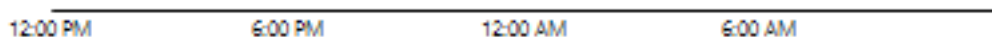
10/29/2019



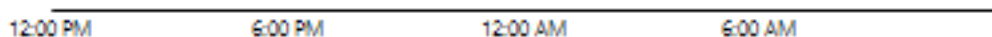
10/30/2019



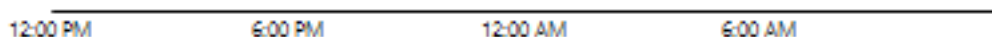
10/31/2019



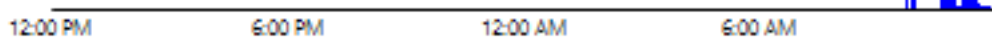
11/1/2019



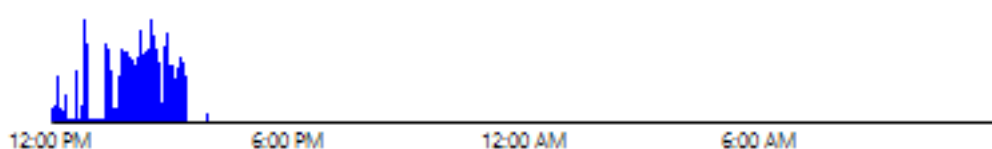
11/2/2019



11/3/2019



11/4/2019



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)
10/24/2019 9:00 AM	10/24/2019 3:17 PM	0	97.88%	377	369	8	5	1.6
10/25/2019 1:08 AM	10/25/2019 4:39 AM	0	93.84%	211	198	13	5	2.6
10/27/2019 2:55 AM	10/27/2019 6:43 AM	0	92.11%	228	210	18	10	1.8
10/28/2019 12:54 AM	10/28/2019 5:03 AM	0	89.96%	249	224	25	9	2.78
10/29/2019 12:24 AM	10/29/2019 3:27 AM	0	93.44%	183	171	12	4	3
10/30/2019 1:32 AM	10/30/2019 6:04 AM	0	90.44%	272	246	26	6	4.33
10/31/2019 2:30 AM	10/31/2019 6:02 AM	0	94.81%	212	201	11	6	1.83
2:37 AM	6:45 AM	0	93.21%	247.43	231.29	16.14	6.43	2.51