

# ActiGraph Sleep Report

Name: PD169

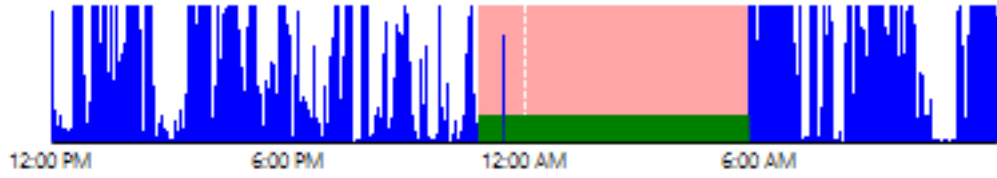
Data Start: 1/7/2020 11:00:00 AM

Data End: 1/17/2020 2:01:00 PM

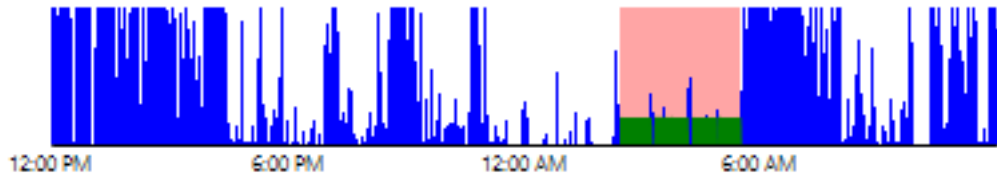
Weight: 257 lbs

Device Serial: TAS1H11190112

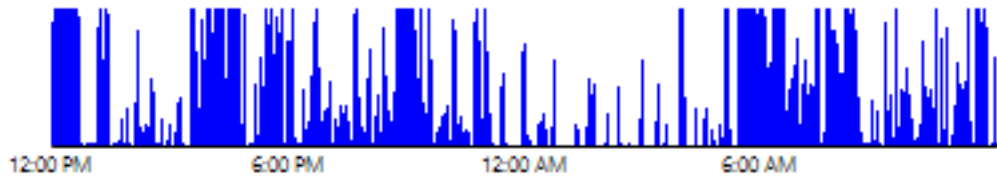
1/7/2020



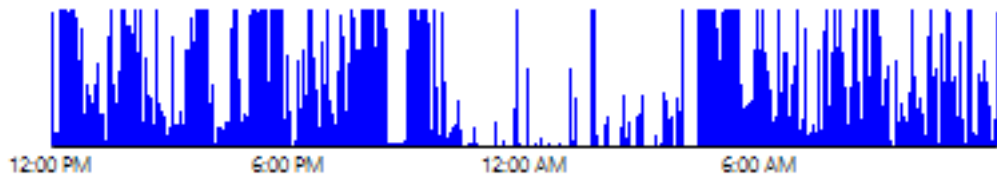
1/8/2020



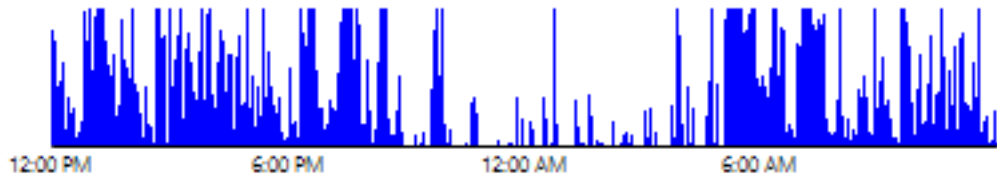
1/9/2020



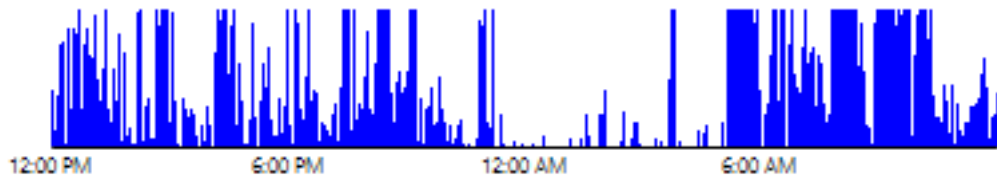
1/10/2020



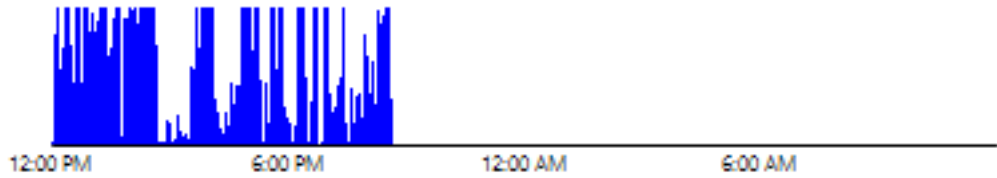
1/11/2020



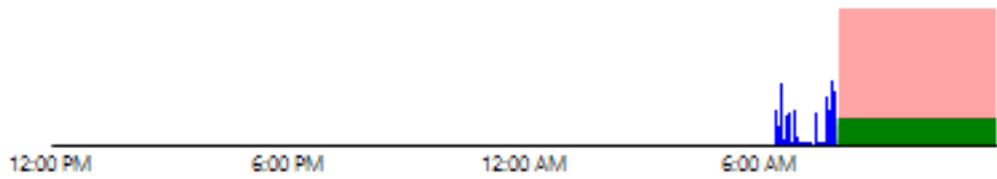
1/12/2020



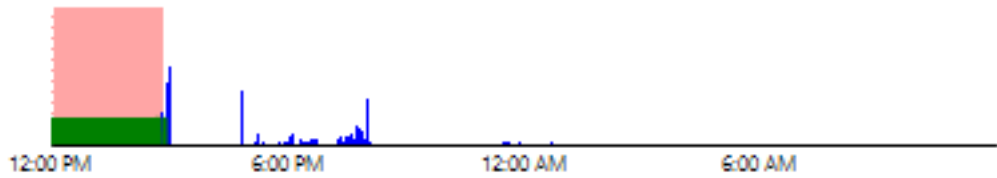
1/13/2020



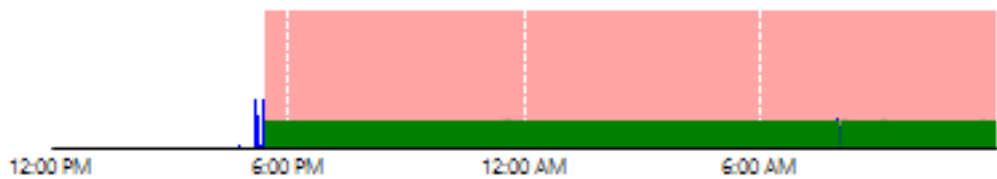
1/14/2020



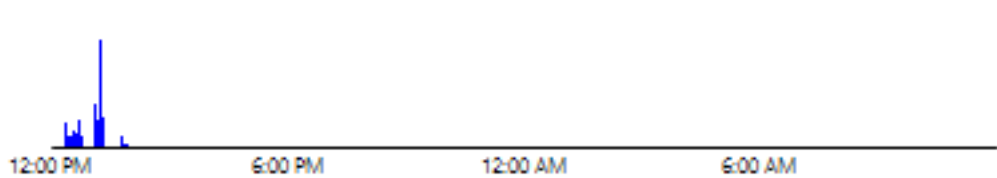
1/15/2020



1/16/2020



1/17/2020



# 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)
1/7/2020 10:53 PM	1/8/2020 5:40 AM	0	98.03%	407	399	8	1	8
1/9/2020 2:28 AM	1/9/2020 5:28 AM	0	85%	180	153	27	10	2.7
1/15/2020 7:58 AM	1/15/2020 2:53 PM	0	97.83%	415	406	9	3	3
1/16/2020 5:26 PM	1/17/2020 1:05 PM	0	96.95%	1179	1143	36	14	2.57
<b>12:41 AM</b>	<b>9:46 AM</b>	<b>0</b>	<b>94.45%</b>	<b>545.25</b>	<b>525.25</b>	<b>20</b>	<b>7</b>	<b>2.86</b>