

ActiGraph Sleep Report

Name: PD171

Data Start: 12/17/2019 10:00:00 AM

Data End: 12/30/2019 8:21:00 AM

Weight: 187 lbs

Device Serial: TAS1H06190092

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)
12/18/2019 12:16 AM	12/18/2019 7:41 AM	0	86.07%	445	383	62	28	2.21
12/19/2019 2:18 AM	12/19/2019 7:08 AM	0	80%	290	232	58	14	4.14
12/21/2019 5:00 AM	12/21/2019 9:51 AM	0	83.85%	291	244	47	26	1.81
12/21/2019 4:11 PM	12/21/2019 6:53 PM	0	82.72%	162	134	28	13	2.15
12/22/2019 1:21 AM	12/22/2019 4:15 AM	0	83.91%	174	146	28	9	3.11
12/22/2019 5:48 AM	12/22/2019 9:06 AM	0	86.36%	198	171	27	17	1.59
12/23/2019 12:28 AM	12/23/2019 3:44 AM	0	69.9%	196	137	59	18	3.28
1:03 AM	8:39 AM	0	81.83%	250.86	206.71	44.14	17.86	2.47