

# ActiGraph Sleep Report

Name: PD182

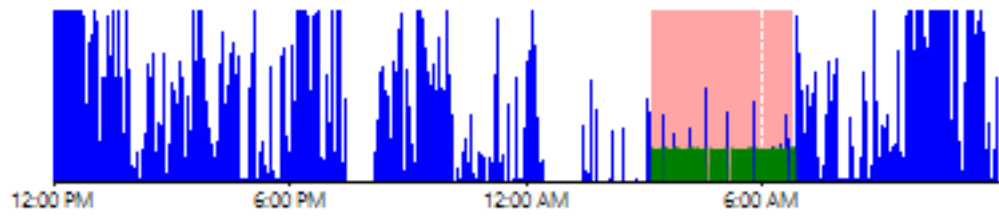
Data Start: 1/15/2020 9:00:00 AM

Data End: 1/23/2020 3:35:00 PM

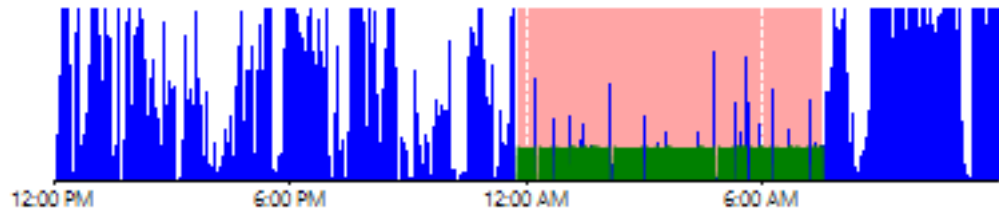
Weight: 146 lbs

Device Serial: TAS1H11190170

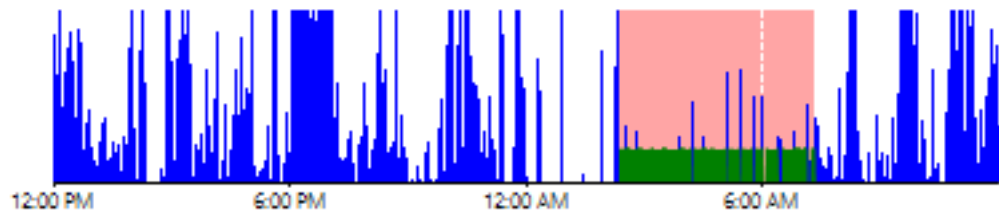
1/15/2020



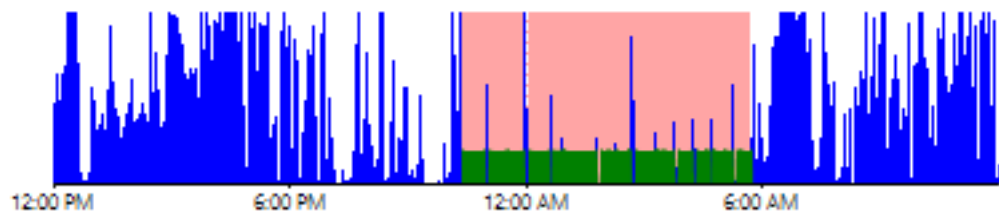
1/16/2020



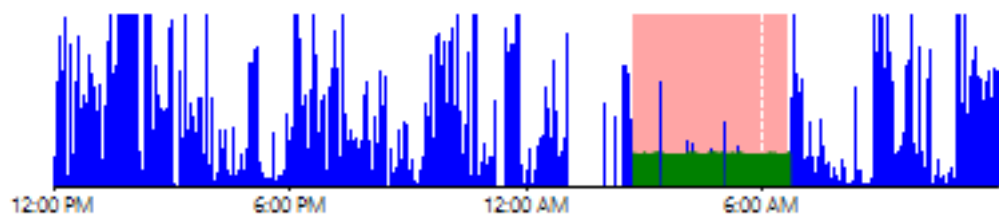
1/17/2020



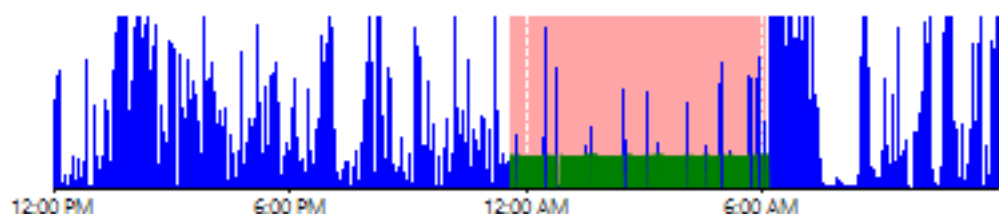
1/18/2020



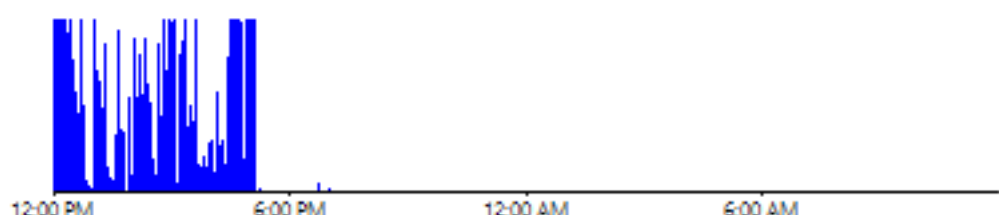
1/19/2020



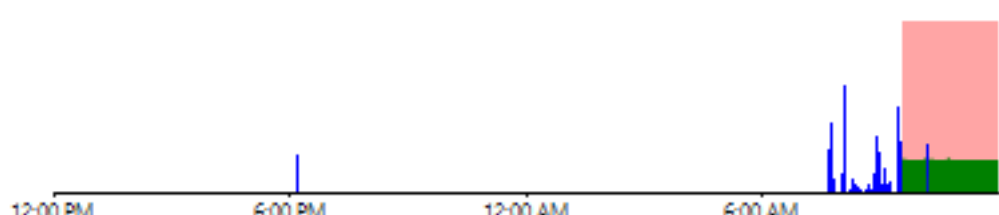
1/20/2020



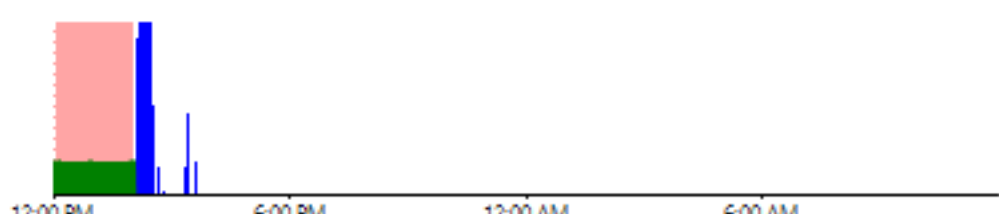
1/21/2020



1/22/2020



1/23/2020



# 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)
1/16/2020 3:11 AM	1/16/2020 6:48 AM	0	80.18%	217	174	43	15	2.87
1/16/2020 11:46 PM	1/17/2020 7:30 AM	0	79.09%	464	367	97	31	3.13
1/18/2020 2:24 AM	1/18/2020 7:18 AM	0	75.85%	294	223	71	23	3.09
1/18/2020 10:23 PM	1/19/2020 5:42 AM	0	81.55%	439	358	81	22	3.68
1/20/2020 2:44 AM	1/20/2020 6:40 AM	0	85.17%	236	201	35	20	1.75
1/20/2020 11:36 PM	1/21/2020 6:07 AM	0	76.21%	391	298	93	21	4.43
1/23/2020 9:35 AM	1/23/2020 2:03 PM	0	95.15%	268	255	13	5	2.6
<b>2:14 AM</b>	<b>7:44 AM</b>	<b>0</b>	<b>81.89%</b>	<b>329.86</b>	<b>268</b>	<b>61.86</b>	<b>19.57</b>	<b>3.16</b>