

ActiGraph Sleep Report

Name: PD183

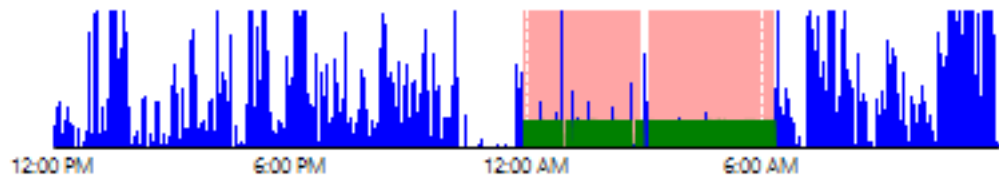
Data Start: 2/28/2020 9:00:00 AM

Data End: 3/9/2020 12:53:00 PM

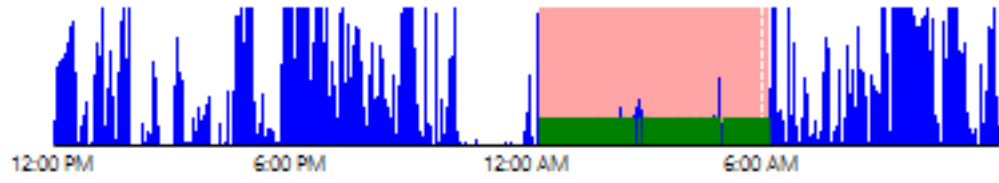
Weight: 181 lbs

Device Serial: TAS1H11190097

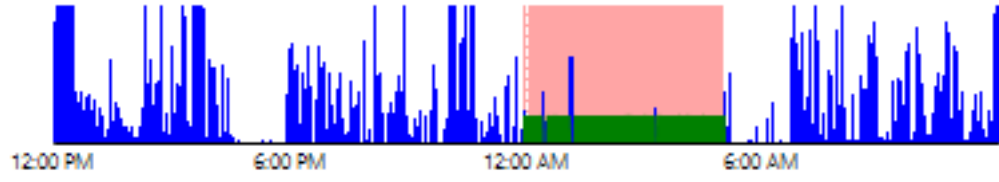
2/28/2020



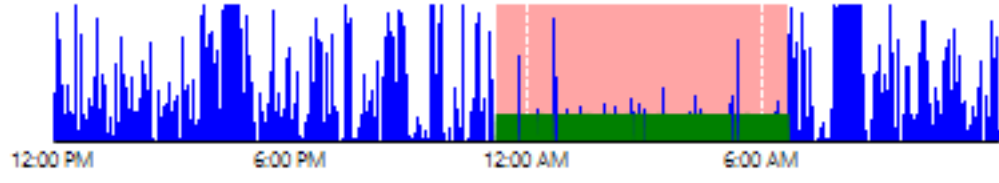
2/29/2020



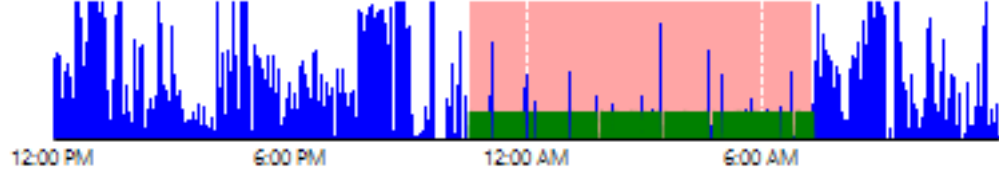
3/1/2020



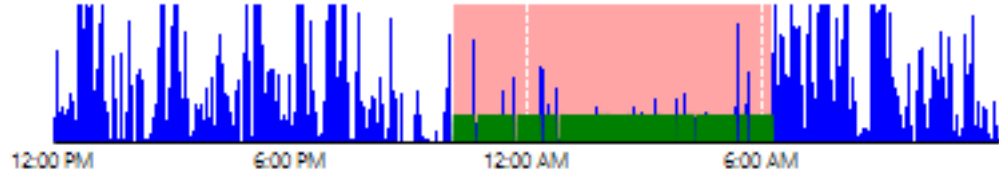
3/2/2020



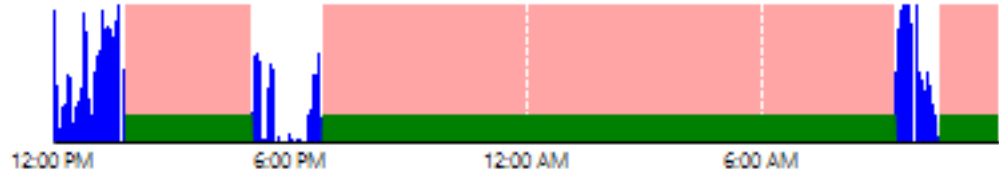
3/3/2020



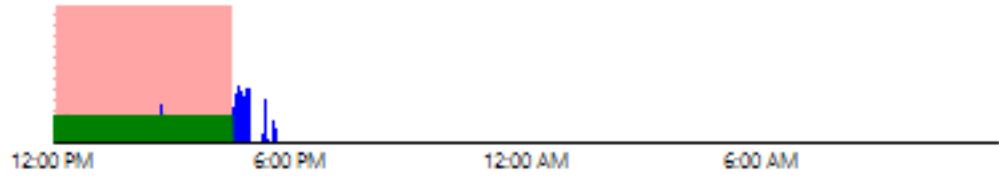
3/4/2020



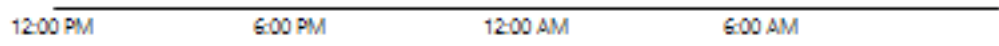
3/5/2020



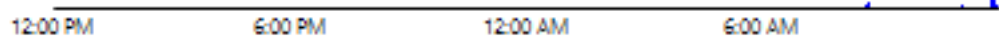
3/6/2020



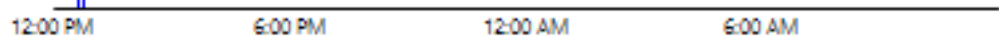
3/7/2020



3/8/2020



3/9/2020



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)
2/28/2020 11:58 PM	2/29/2020 2:57 AM	0	79.33%	179	142	37	14	2.64
2/29/2020 3:09 AM	2/29/2020 6:18 AM	0	94.71%	189	179	10	10	1
3/1/2020 12:21 AM	3/1/2020 6:09 AM	0	90.8%	348	316	32	14	2.29
3/1/2020 11:56 PM	3/2/2020 5:01 AM	0	89.51%	305	273	32	11	2.91
3/2/2020 11:14 PM	3/3/2020 6:38 AM	0	78.83%	444	350	94	39	2.41
3/3/2020 10:33 PM	3/4/2020 7:16 AM	0	80.69%	523	422	101	30	3.37
3/4/2020 10:09 PM	3/5/2020 6:14 AM	0	81.65%	485	396	89	32	2.78
3/5/2020 1:51 PM	3/5/2020 5:01 PM	0	100%	190	190	0	0	0
3/5/2020 6:50 PM	3/6/2020 9:21 AM	0	100%	871	871	0	0	0
3/6/2020 10:30 AM	3/6/2020 4:31 PM	0	98.89%	361	357	4	3	1.33
11:27 PM	8:20 AM	0	89.44%	389.5	349.6	39.9	15.3	2.61