Activity and sleep report:Lup020 back post.cwa

Time spent in moderate or vigorous activity (average is 9 minutes per day)

14   12   0   10

TUE   WED   THU   FRI
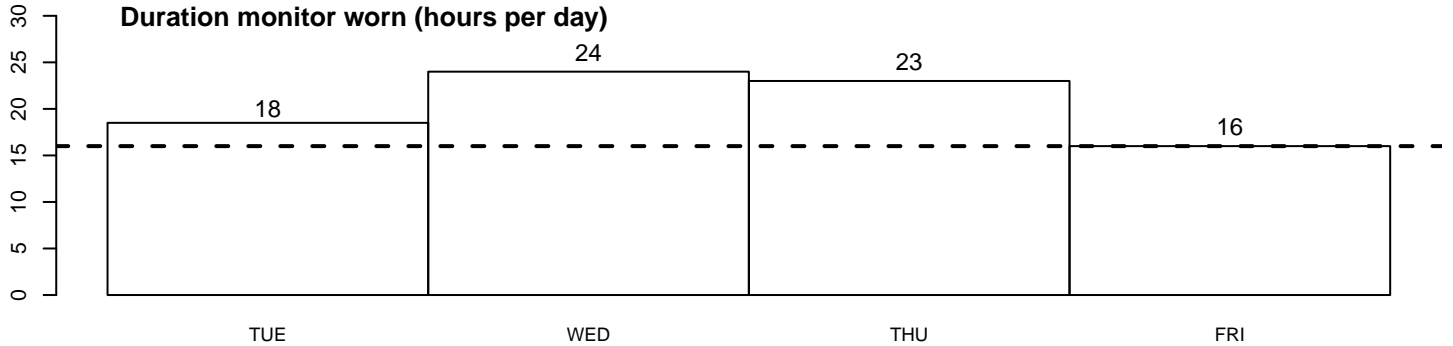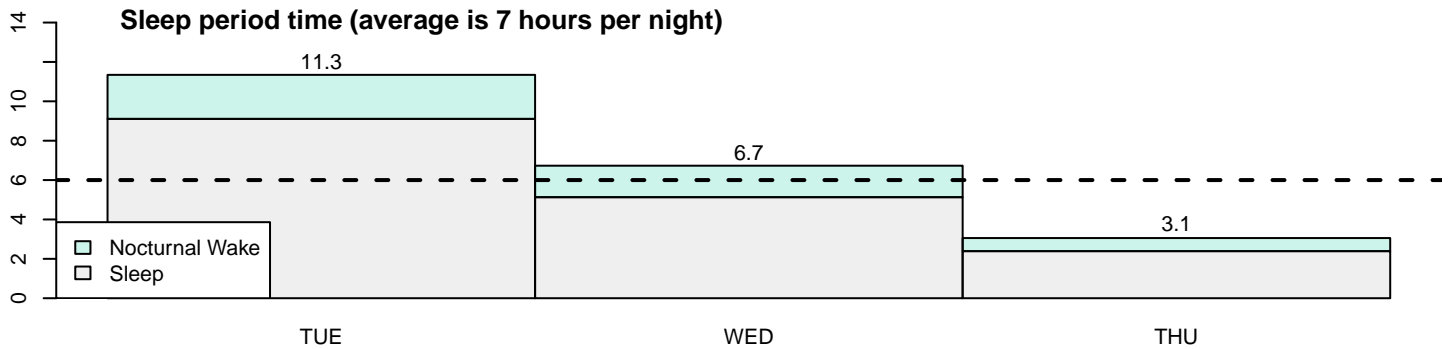
Total physical activity (average per day is 22 mg)

27   18   19   24

TUE   WED   THU   FRI

Duration monitor worn (hours per day)

24   18   23   16

TUE   WED   THU   FRI

Sleep period time (average is 7 hours per night)

11.3   6.7   3.1

☐ Nocturnal Wake
☐ Sleep

TUE   WED   THU

Sleep efficiency (average is 78% per night)

80   76   78

TUE   WED   THU

Filename: Lup020 back post.cwa

Day 1: Tuesday | 9 May 2023

SPT Window: Sleep | SPT Window: Wake | Inactivity | Light PA | Moderate PA | Vigorous PA | Non–Wear

Angle of sensor's z–axis relative to horizontal plane:

Arm movement:

Sleep–onset

midnight | 2am | 4am | 6am | 8am | 10am | noon | 2pm | 4pm | 6pm | 8pm | 10pm | midnight

Day 2: Wednesday | 10 May 20

SPT Window: Sleep | SPT Window: Wake | Inactivity | Light PA | Moderate PA | Vigorous PA | Non–Wear

Wake

Angle of sensor's z–axis relative to horizontal plane:

Arm movement:

midnight | 2am | 4am | 6am | 8am | 10am | noon | 2pm | 4pm | 6pm | 8pm | 10pm | midnight

Day 3: Thursday | 11 May 2023

SPT Window: Sleep | SPT Window: Wake | Inactivity | Light PA | Moderate PA | Vigorous PA | Non–Wear

Sleep–onset

Wake

Angle of sensor's z–axis relative to horizontal plane:

Arm movement:

midnight | 2am | 4am | 6am | 8am | 10am | noon | 2pm | 4pm | 6pm | 8pm | 10pm | midnight

Day 4: Friday | 12 May 2023

SPT Window: Sleep | SPT Window: Wake | Inactivity | Light PA | Moderate PA | Vigorous PA | Non–Wear

Sleep–onset

Wake

Angle of sensor's z–axis relative to horizontal plane:

Arm movement:

midnight | 2am | 4am | 6am | 8am | 10am | noon | 2pm | 4pm | 6pm | 8pm | 10pm | midnight