Activity and sleep report:Lup020 back post.cwa

Time spent in moderate or vigorous activity (average is 0 minutes per day)

0	0	0	0
TUE	WED	THU	FRI

Total physical activity (average per day is 22 mg)

18	27	19	24
TUE	WED	THU	FRI

Duration monitor worn (hours per day)

18	24	23	16
TUE	WED	THU	FRI

Sleep period time (average is 7.3 hours per night)

☐ Nocturnal Wake
☐ Sleep

11.3	7.6	3.1
TUE	WED	THU

Sleep efficiency (average is 79% per night)

80	79	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:

Sleep–onset

Arm movement:

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