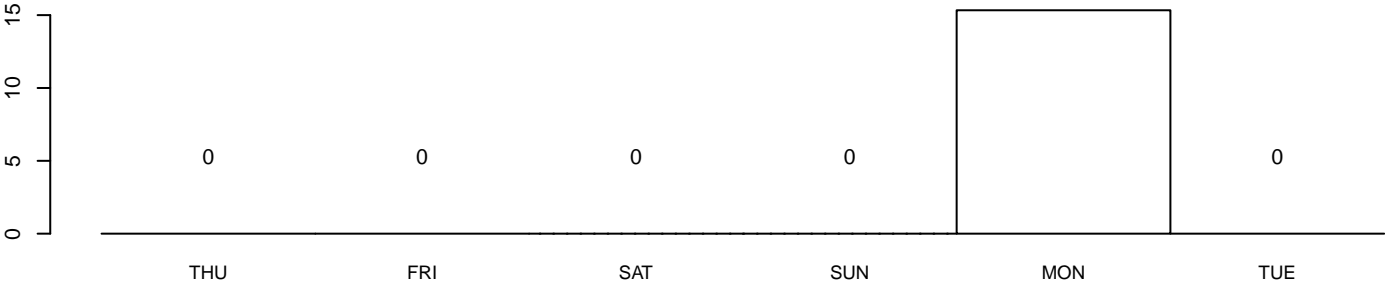
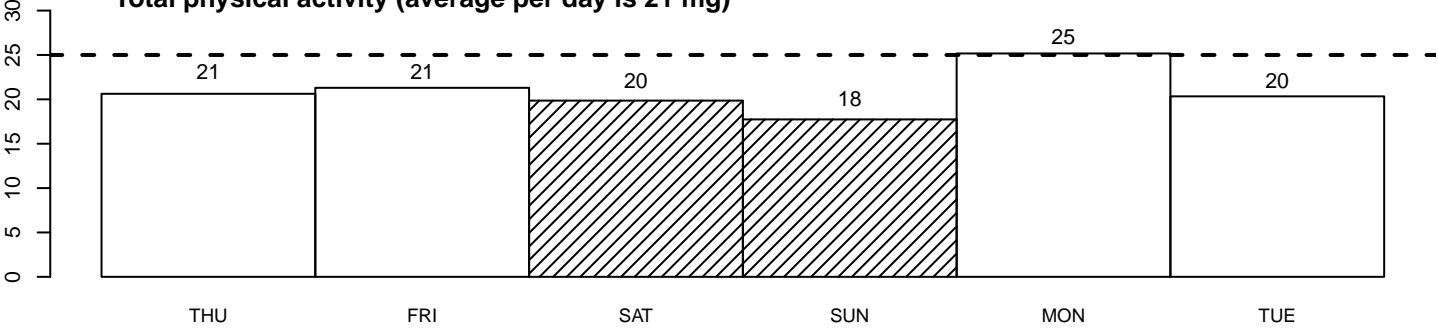


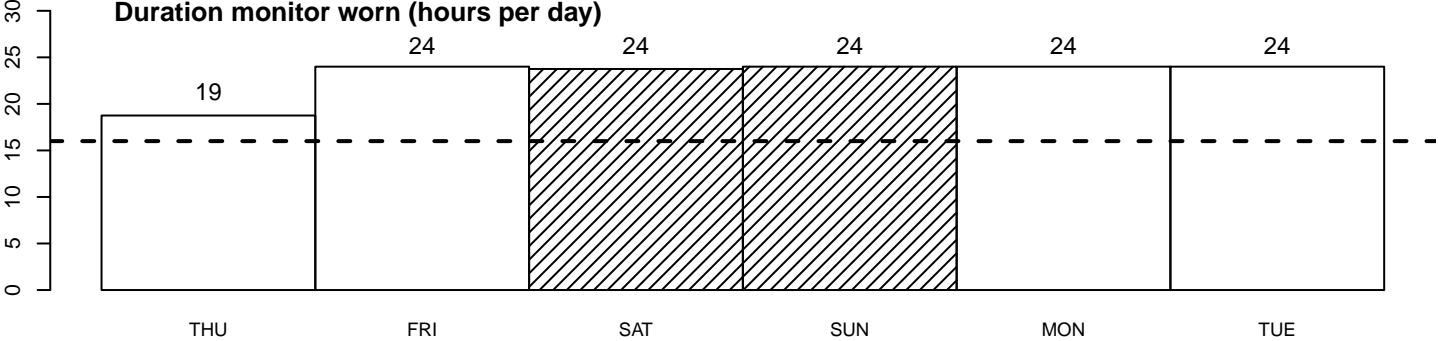
Time spent in moderate or vigorous activity (average is 3 minutes per day)¹⁵



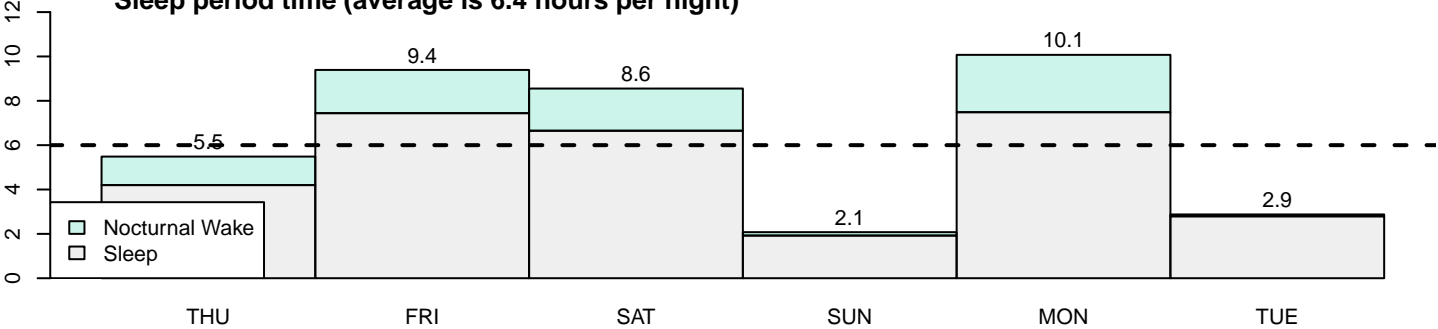
Total physical activity (average per day is 21 mg)



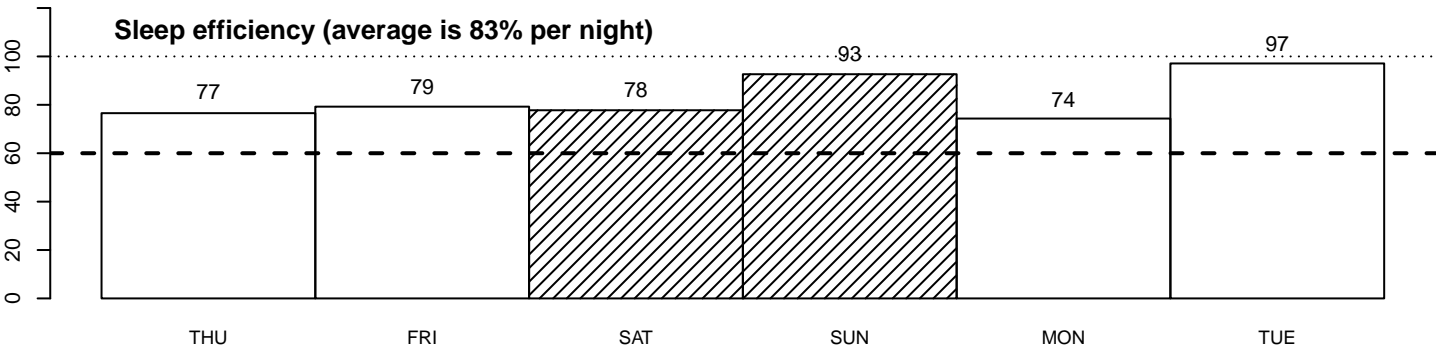
Duration monitor worn (hours per day)



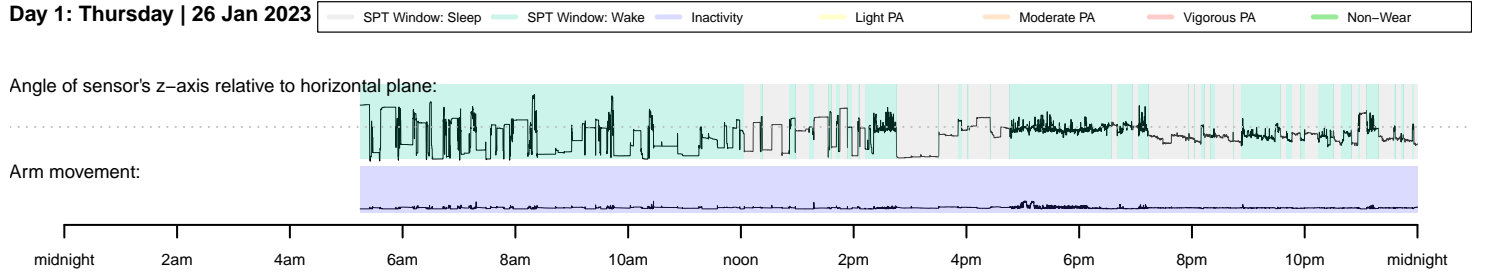
Sleep period time (average is 6.4 hours per night)



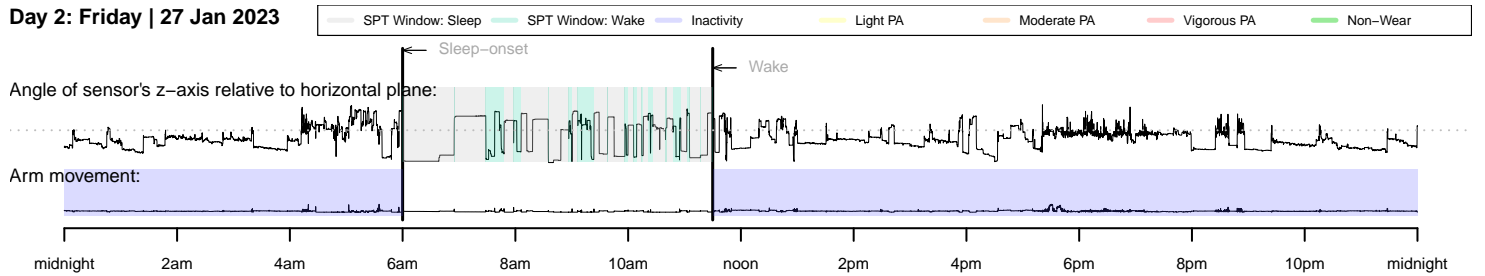
Sleep efficiency (average is 83% per night)



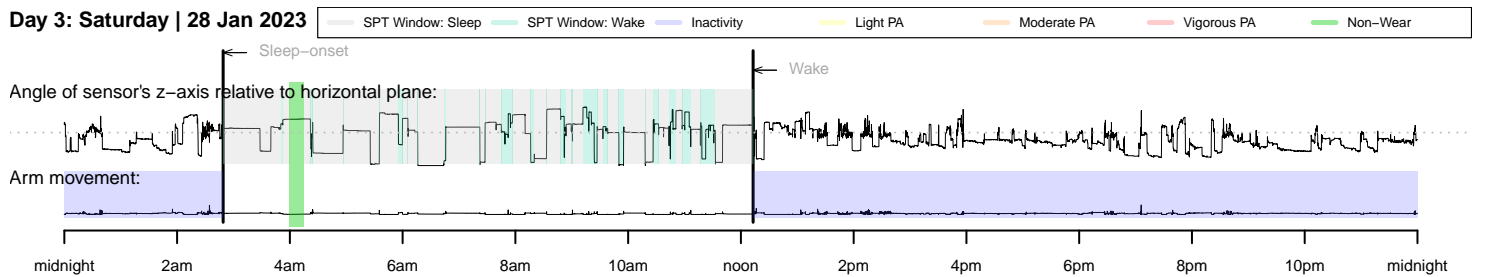
Day 1: Thursday | 26 Jan 2023



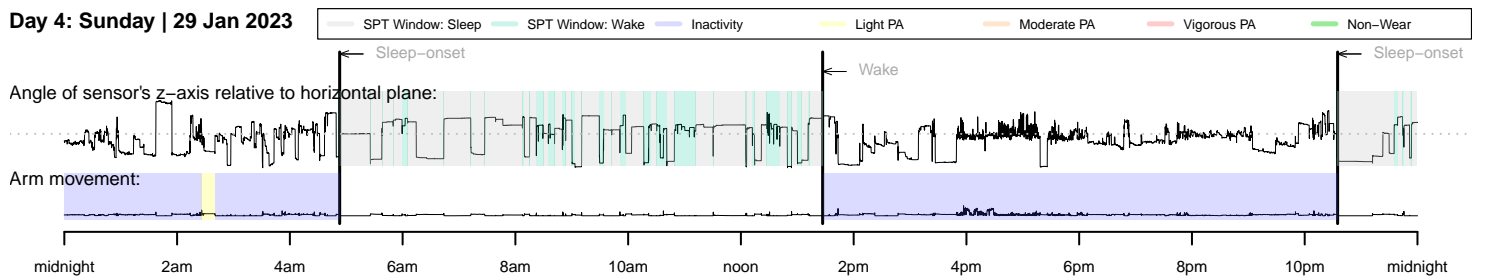
Day 2: Friday | 27 Jan 2023



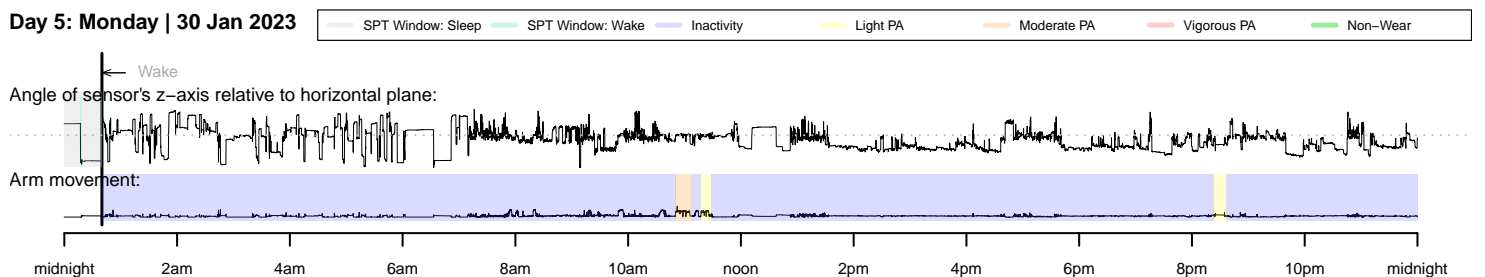
Day 3: Saturday | 28 Jan 2023



Day 4: Sunday | 29 Jan 2023



Day 5: Monday | 30 Jan 2023



Day 6: Tuesday | 31 Jan 2023

