



Day 1: Saturday | 6 Apr 2024

— 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:

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

Day 2: Sunday | 7 Apr 2024

— 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:

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

Day 3: Monday | 8 Apr 2024

— 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:

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

Day 4: Tuesday | 9 Apr 2024

— 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:

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

Day 5: Wednesday | 10 Apr 2024

— 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:

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