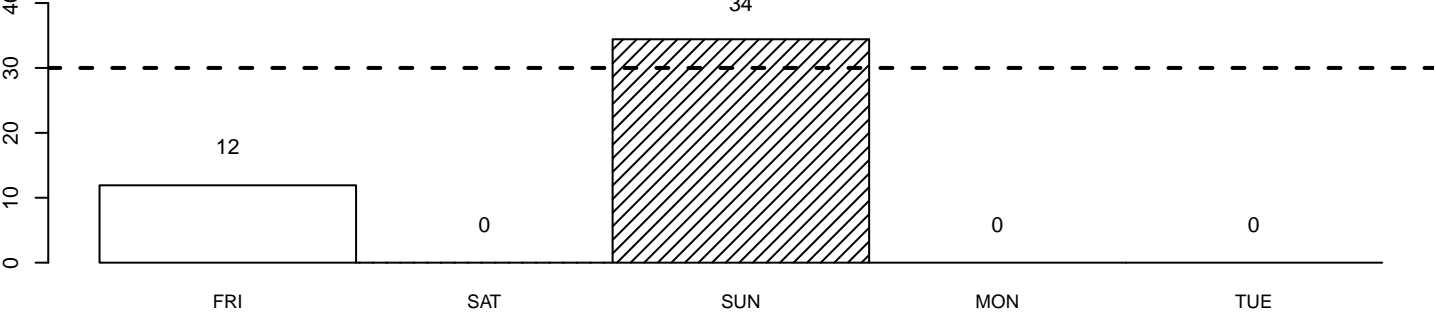
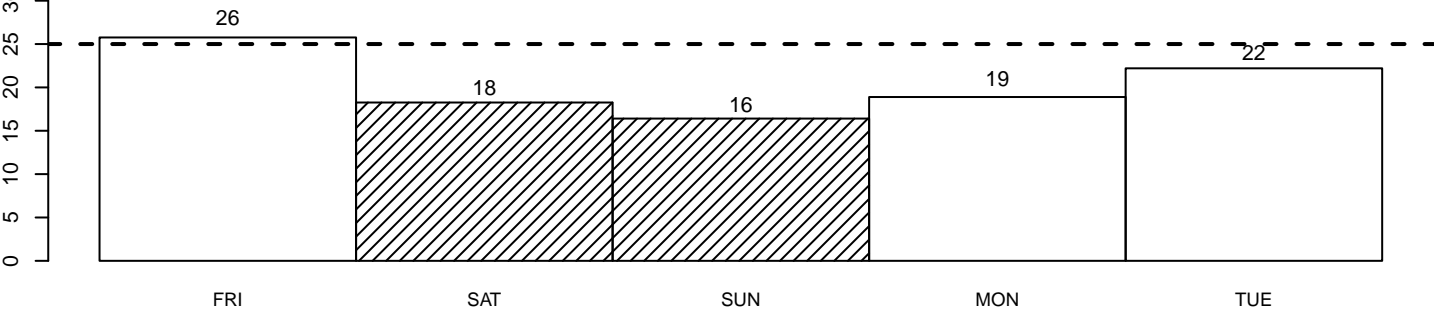


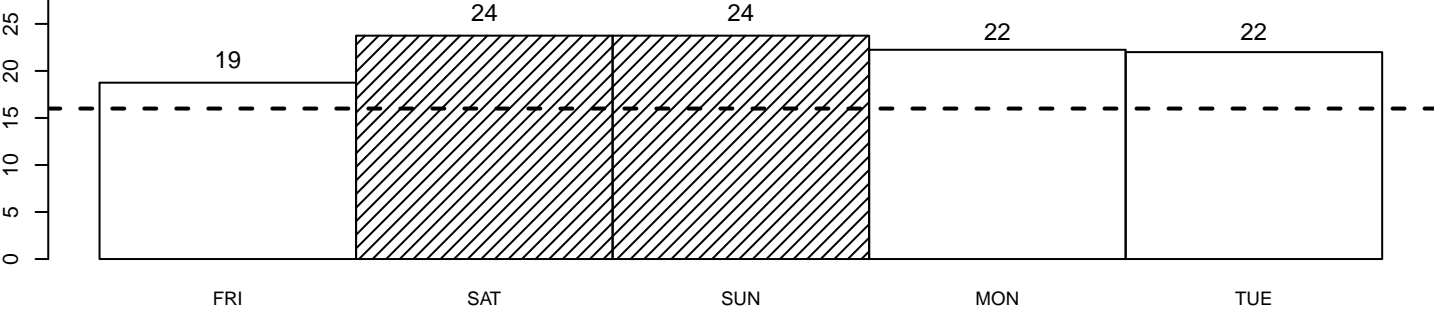
Time spent in moderate or vigorous activity (average is 9 minutes per day)



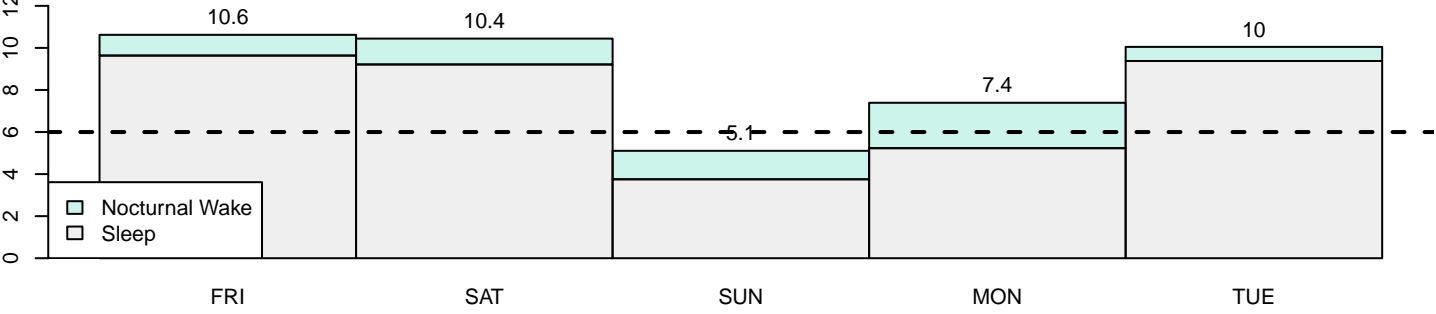
Total physical activity (average per day is 20 mg)



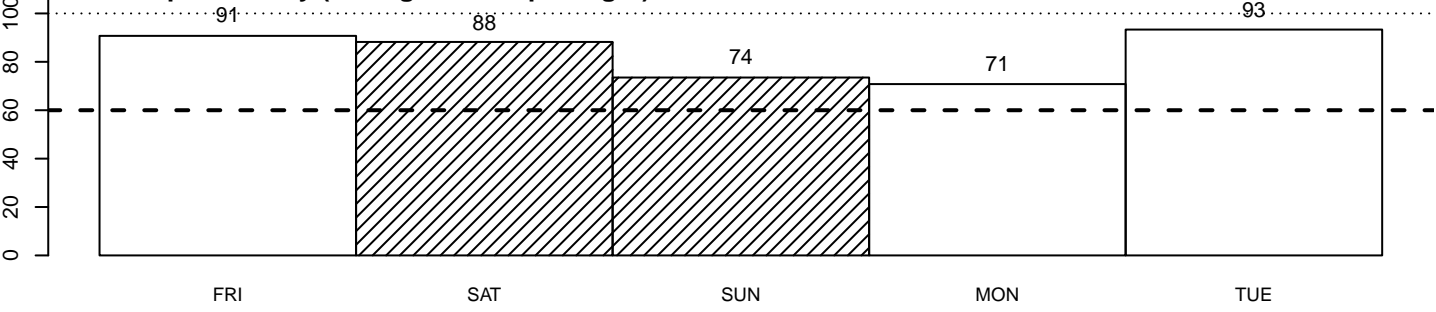
Duration monitor worn (hours per day)



Sleep period time (average is 8.7 hours per night)



Sleep efficiency (average is 83% per night)



Day 1: Friday | 26 Aug 2022

— 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: Saturday | 27 Aug 2022

— 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: Sunday | 28 Aug 2022

— 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: Monday | 29 Aug 2022

— 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: Tuesday | 30 Aug 2022

— 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