

ActiGraph Sleep Report

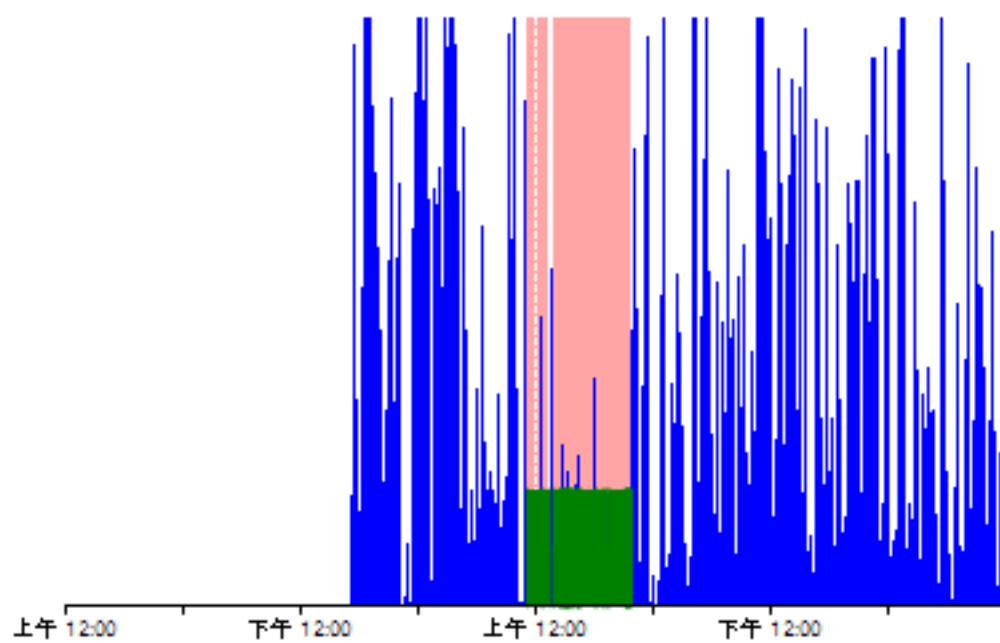
Name: GLYH0722852N

Data Start: 2017/5/29 02:39:00

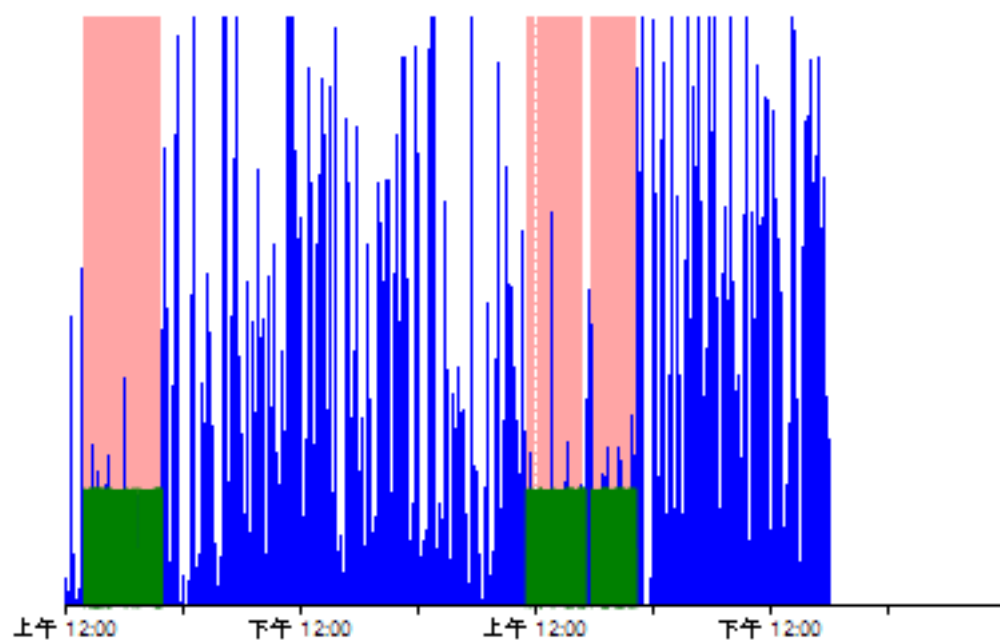
Data End: 2017/5/31 02:59:00

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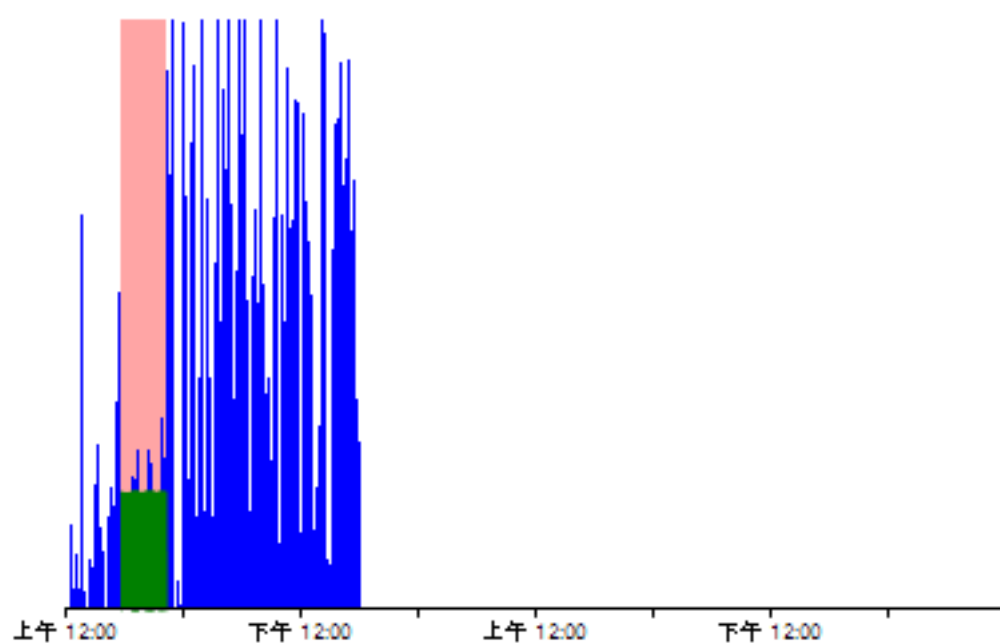
2017/5/29



2017/5/30



2017/5/31



Sleep Period Breakdown

Sleep Algorithm Used: Cole-Kripke

In Bed	Out Bed	Latency (min)	Efficiency	Total Time in Bed (min)	Total Sleep Time (TST) (min)	Wake After Sleep Onset (WASO)	# of Awakenings	Avg Awakening (min)
2017/5/29 11:34	2017/5/30 12:44	0	90%	70	63	7	1	7
2017/5/30 12:58	2017/5/30 04:54	0	85.17%	236	201	35	19	1.84
2017/5/30 11:32	2017/5/31 02:31	0	83.24%	179	149	30	13	2.31
2017/5/31 02:53	2017/5/31 05:07	0	85.07%	134	114	20	15	1.33
12:44	03:19	0	85.87%	154.75	131.75	23	12	1.92