

ActiGraph Sleep Report

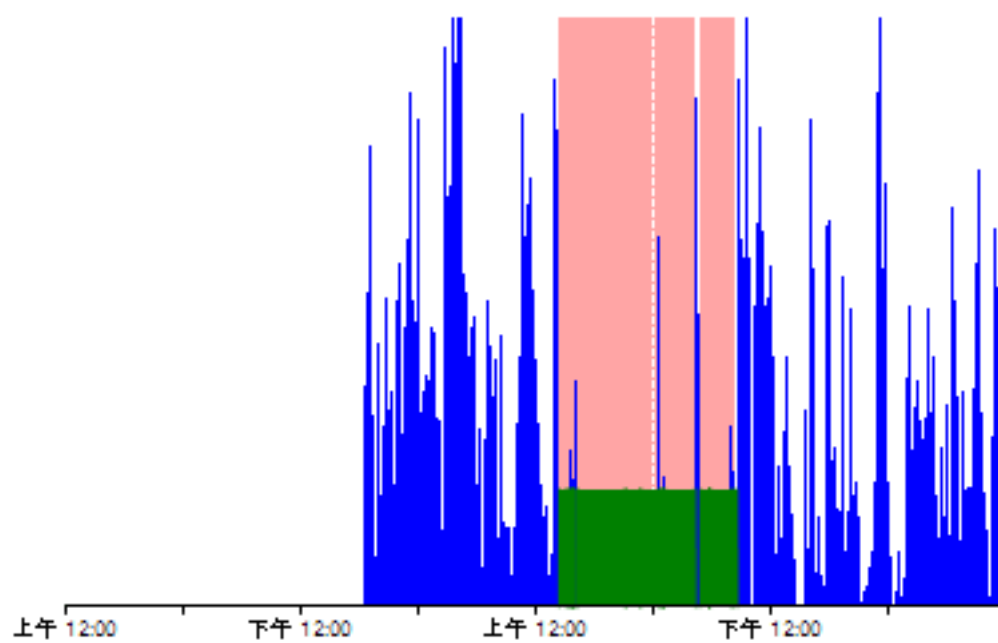
Name: GLYH11620944R

Data Start: 2017/6/6 03:17:00

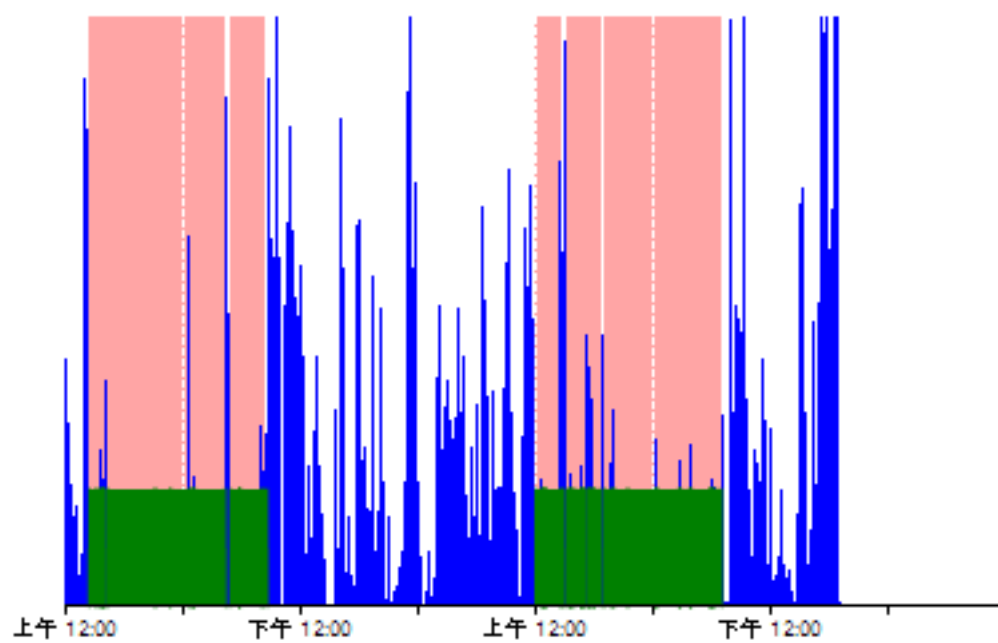
Data End: 2017/6/8 03:29:00

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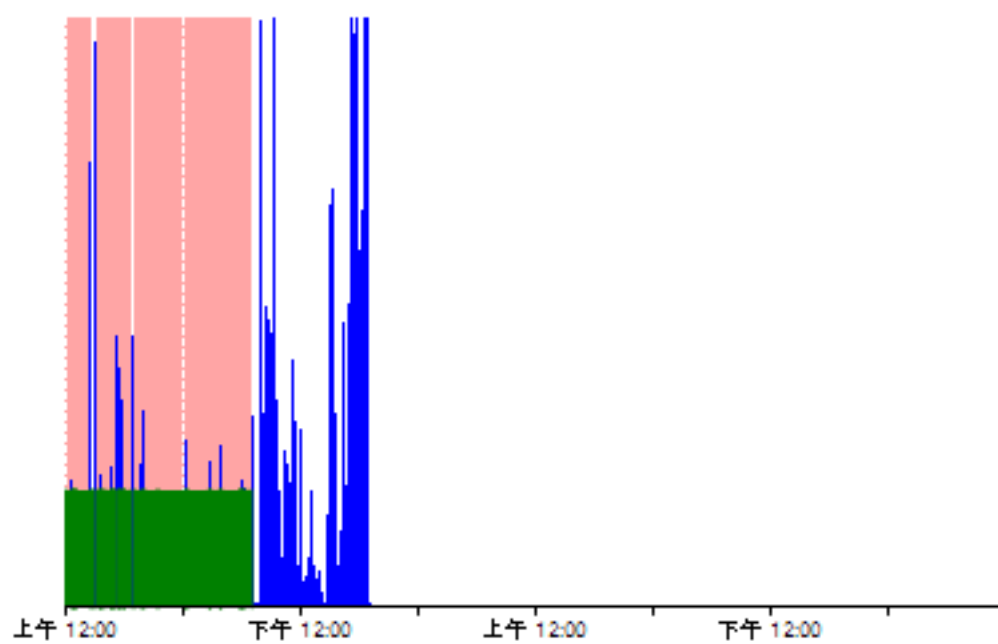
2017/6/6



2017/6/7



2017/6/8



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)
2017/6/7 01:12	2017/6/7 08:08	0	93.51%	416	389	27	10	2.7
2017/6/7 08:24	2017/6/7 10:17	0	92.92%	113	105	8	3	2.67
2017/6/8 12:01	2017/6/8 01:25	0	80.95%	84	68	16	5	3.2
2017/6/8 01:35	2017/6/8 03:21	0	73.58%	106	78	28	11	2.55
2017/6/8 03:31	2017/6/8 09:29	0	93.85%	358	336	22	13	1.69
02:56	06:32	0	86.96%	215.4	195.2	20.2	8.4	2.4