ActiGraph Sleep Report

Name: GYCK0915778P
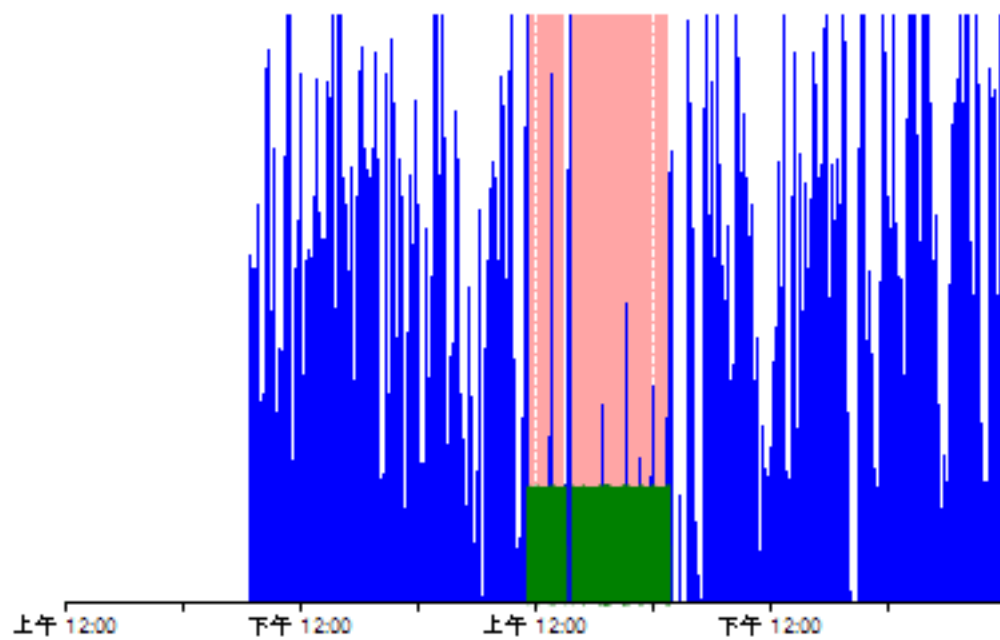
Data Start: 2017/5/16 09:22:00

Data End: 2017/5/18 04:15:00
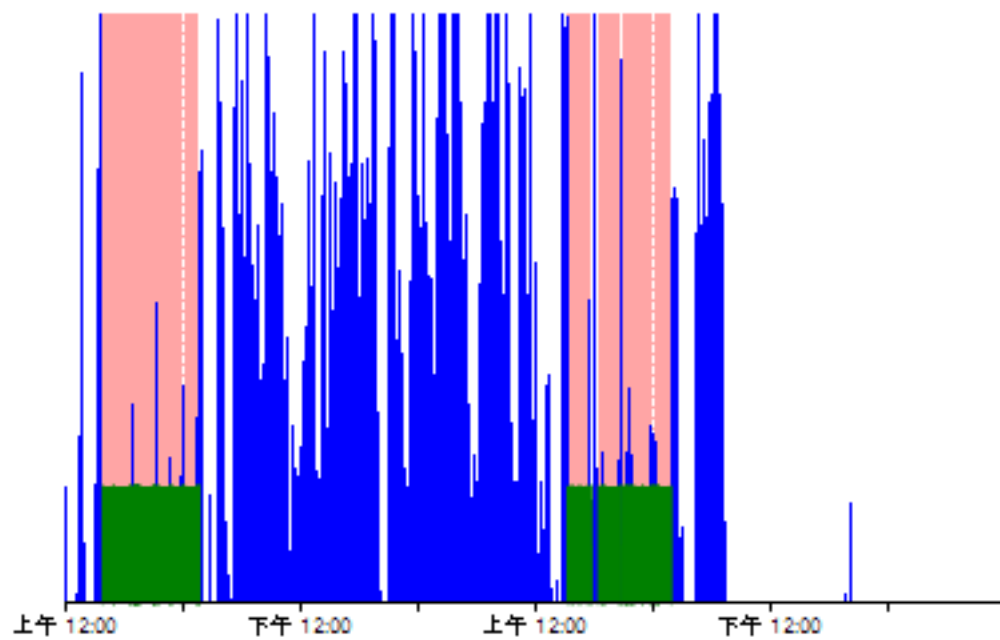
Weight: 137 lbs

Device Serial: TAS1F36160418
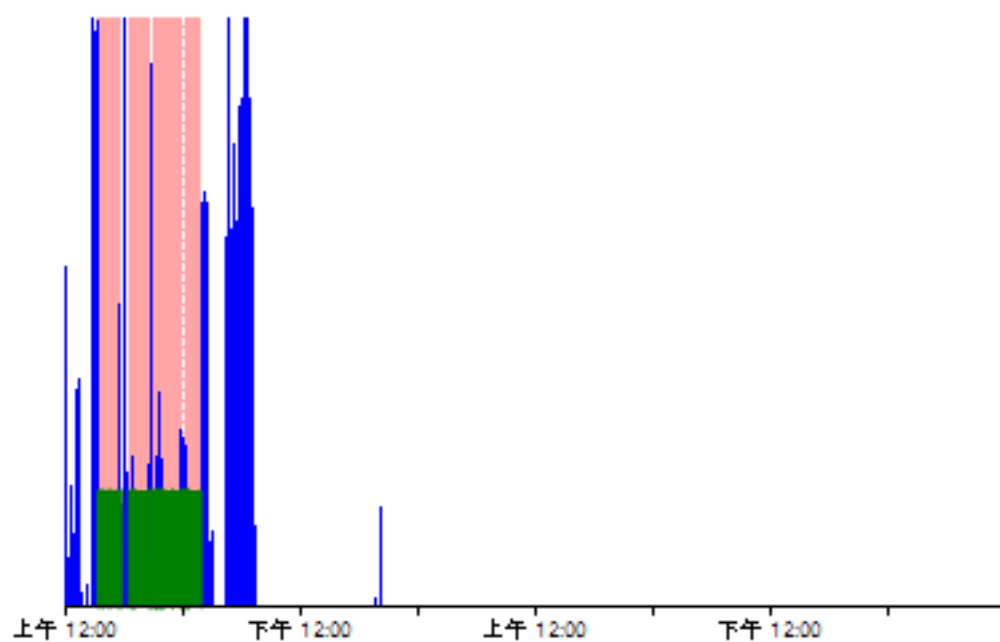
2017/5/16

上午 12:00　　　下午 12:00　　　上午 12:00　　　下午 12:00

2017/5/17

上午 12:00　　　下午 12:00　　　上午 12:00　　　下午 12:00

2017/5/18

上午 12:00　　　下午 12:00　　　上午 12:00　　　下午 12:00

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)
2017/5/16 11:39	2017/5/17 01:31	0	91.07%	112	102	10	3	3.33
2017/5/17 01:53	2017/5/17 06:49	0	87.16%	296	258	38	19	2
2017/5/18 01:42	2017/5/18 02:50	0	86.76%	68	59	9	3	3
2017/5/18 03:13	2017/5/18 04:20	0	95.52%	67	64	3	3	1
2017/5/18 04:31	2017/5/18 06:55	0	79.86%	144	115	29	11	2.64
02:11	**04:29**	**0**	**88.08%**	**137.4**	**119.6**	**17.8**	**7.8**	**2.28**