

ActiGraph Sleep Report

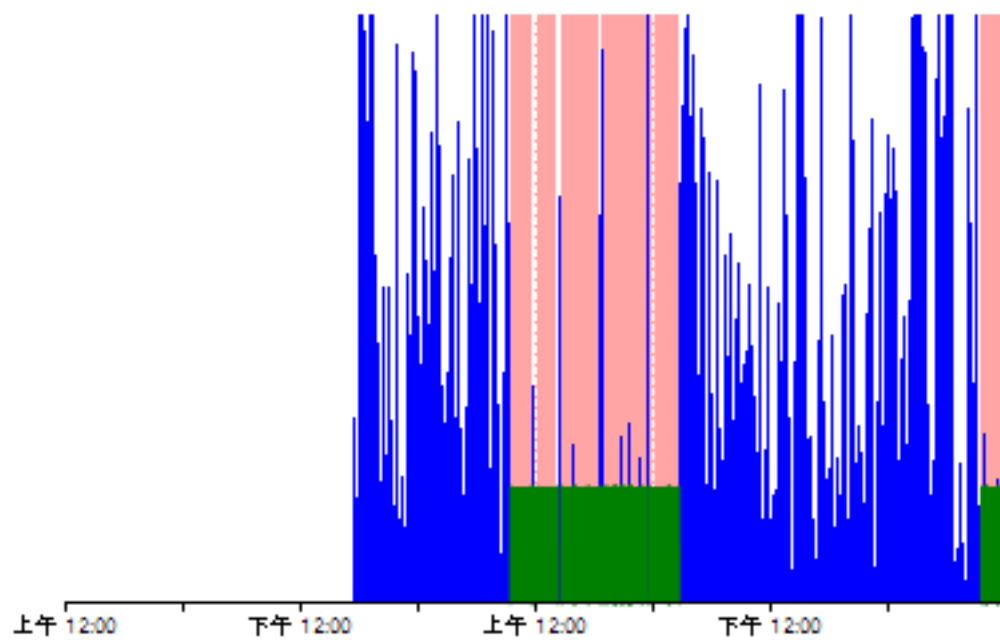
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Data Start: 2017/4/24 02:40:00

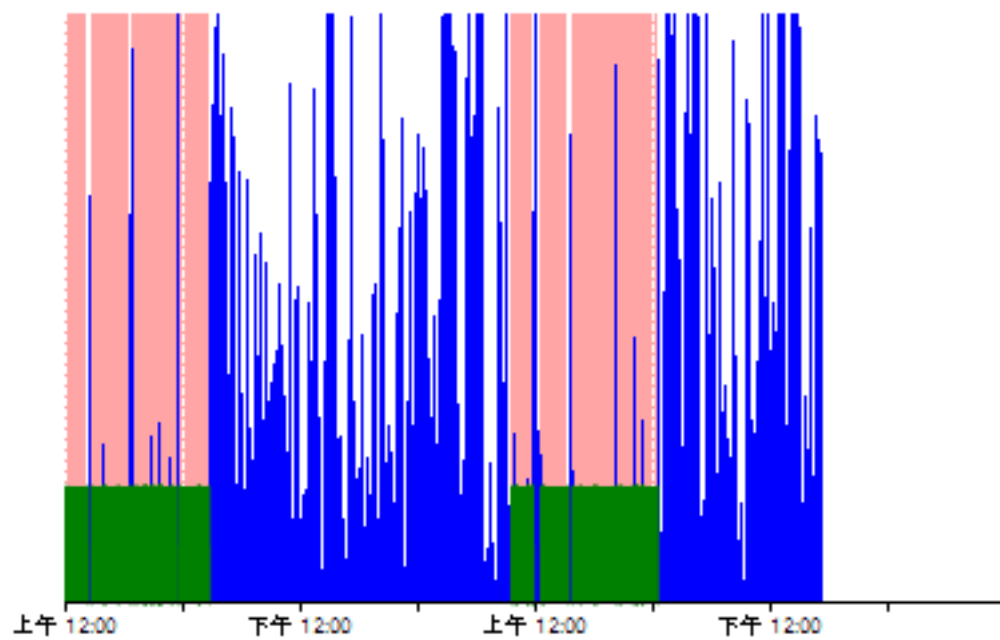
Data End: 2017/4/26 02:39:00

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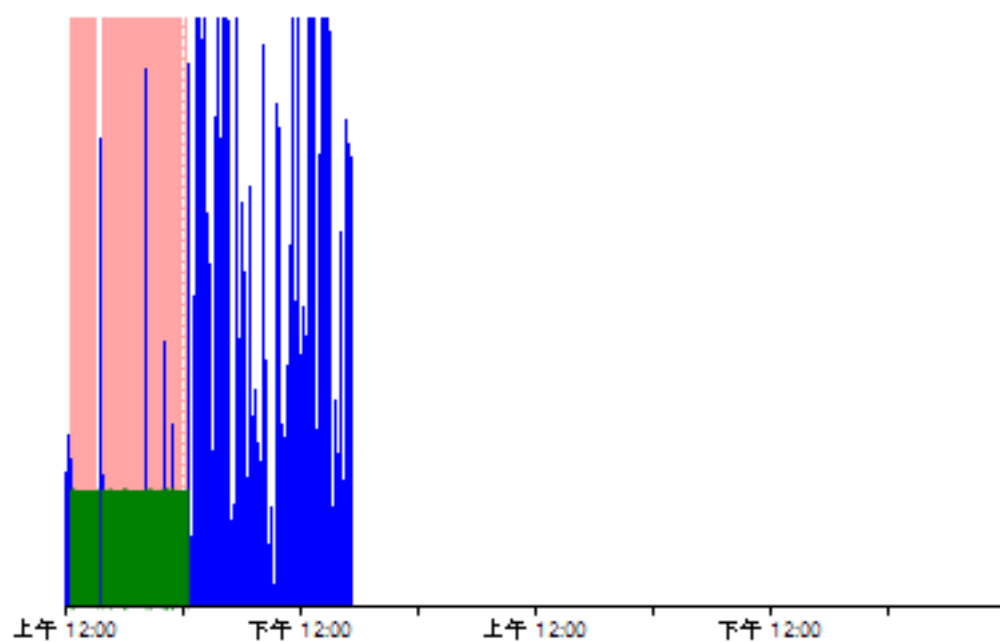
2017/4/24



2017/4/25



2017/4/26



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)
2017/4/24 10:43	2017/4/24 11:53	0	97.14%	70	68	2	1	2
2017/4/25 12:03	2017/4/25 01:08	0	100%	65	65	0	0	0
2017/4/25 01:20	2017/4/25 03:17	0	94.02%	117	110	7	3	2.33
2017/4/25 03:27	2017/4/25 05:42	0	86.67%	135	117	18	11	1.64
2017/4/25 05:52	2017/4/25 07:19	0	95.4%	87	83	4	2	2
2017/4/25 10:49	2017/4/25 11:52	0	88.89%	63	56	7	5	1.4
2017/4/26 12:19	2017/4/26 01:41	0	98.78%	82	81	1	1	1
2017/4/26 01:56	2017/4/26 06:14	0	89.92%	258	232	26	10	2.6
01:18	09:08	0	93.85%	109.63	101.5	8.13	4.13	1.97