

ActiGraph Sleep Report

Name: GLYH1314836Q

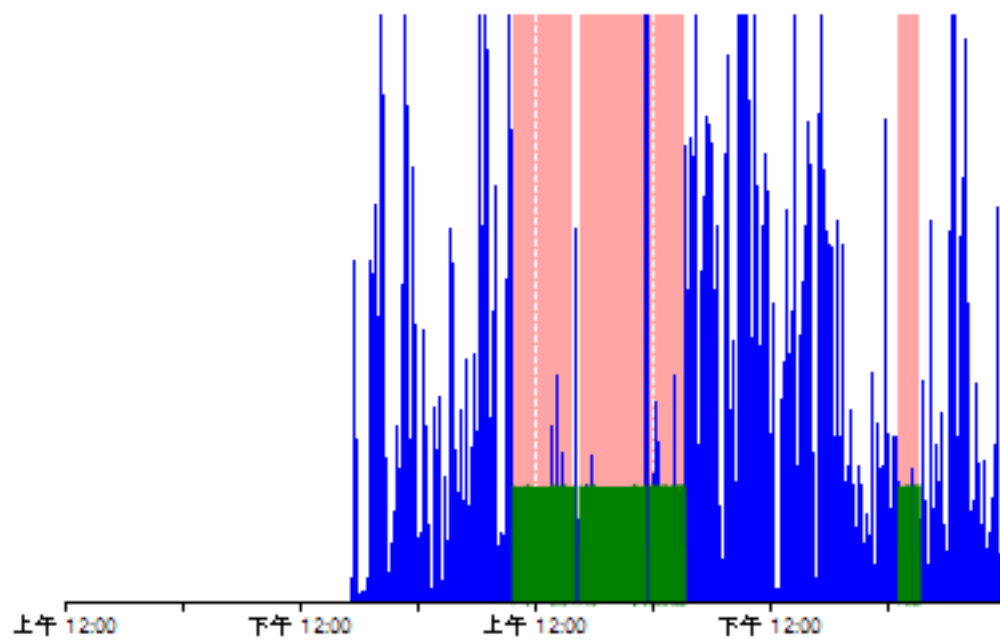
Data Start: 2017/8/7 02:34:00

Data End: 2017/8/9 02:59:00

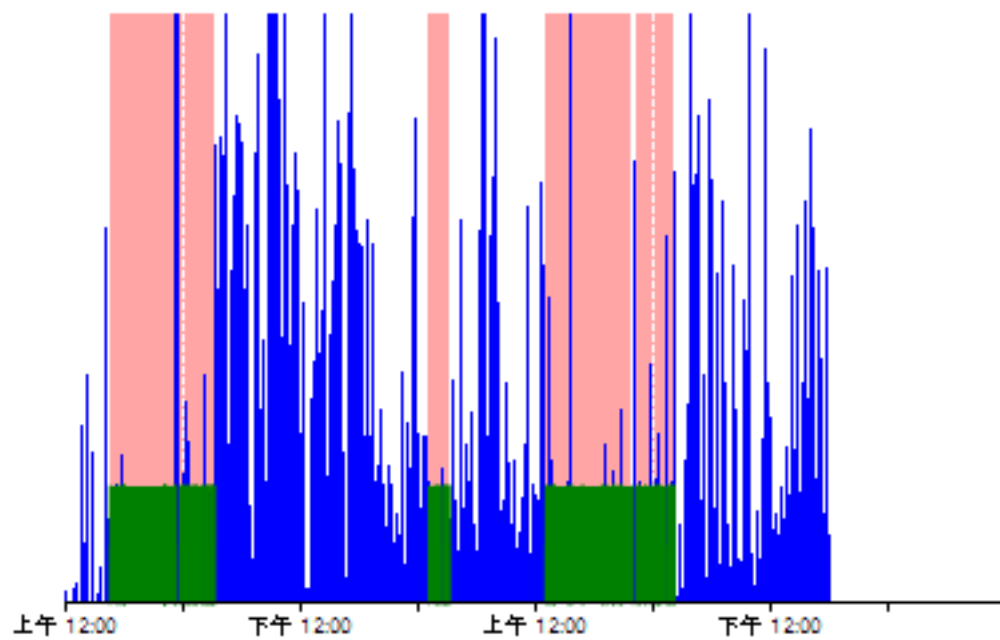
Weight: 136 lbs

Device Serial: TAS1F36160418

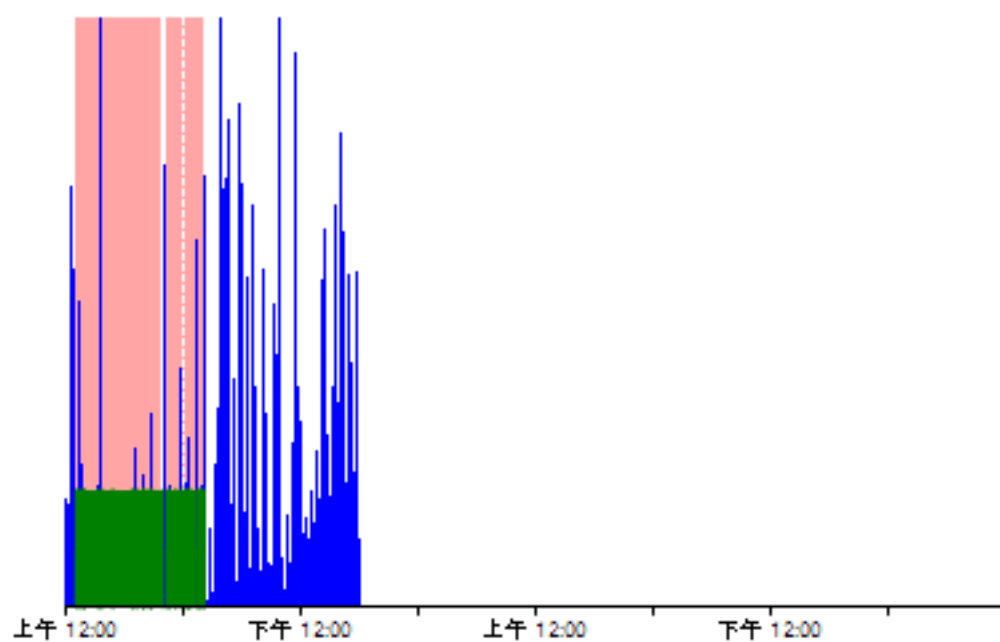
2017/8/7



2017/8/8



2017/8/9



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)
2017/8/7 10:51	2017/8/8 01:58	0	89.84%	187	168	19	7	2.71
2017/8/8 02:15	2017/8/8 05:37	0	93.56%	202	189	13	7	1.86
2017/8/8 05:50	2017/8/8 07:36	0	67.92%	106	72	34	11	3.09
2017/8/8 06:34	2017/8/8 07:34	0	61.67%	60	37	23	5	4.6
2017/8/9 12:31	2017/8/9 04:58	0	84.64%	267	226	41	12	3.42
2017/8/9 05:11	2017/8/9 07:03	0	78.57%	112	88	24	9	2.67
01:12	07:47	0	79.37%	155.67	130	25.67	8.5	3.02