

ActiGraph Sleep Report

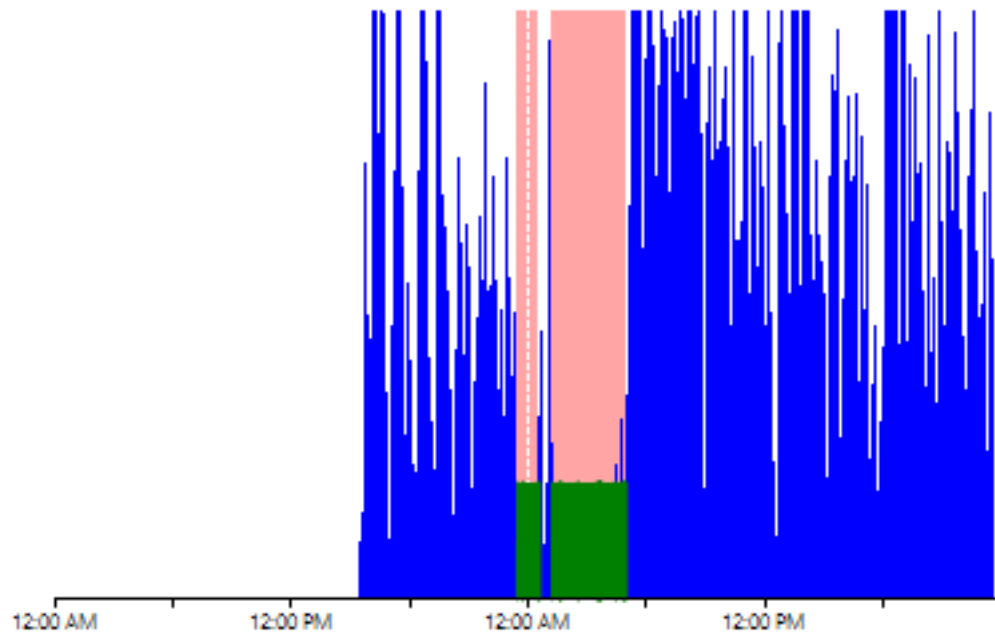
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Data Start: 7/11/2017 3:30:00 PM

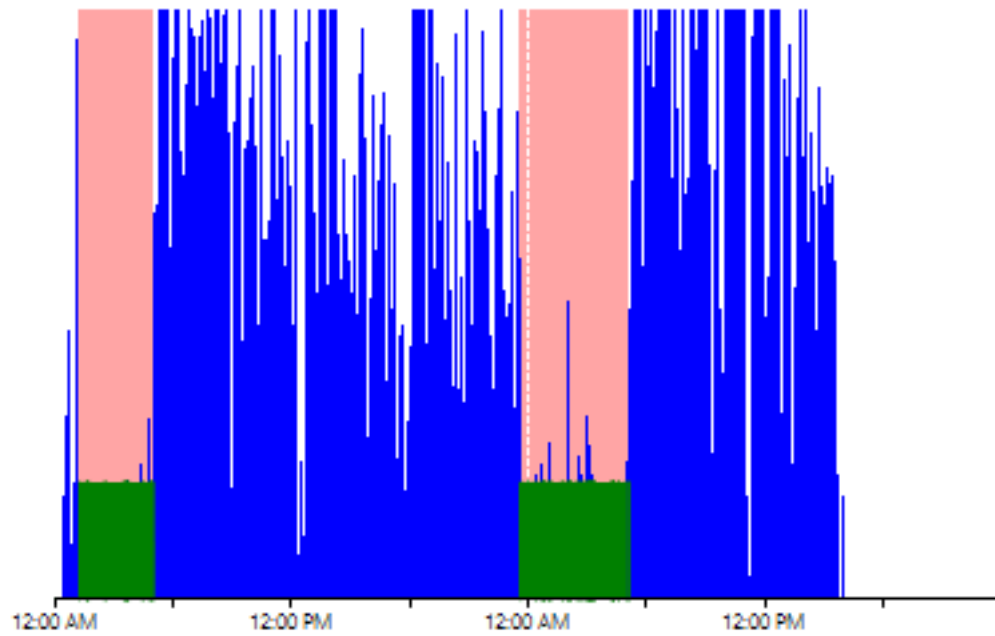
Data End: 9/11/2017 4:07:00 PM

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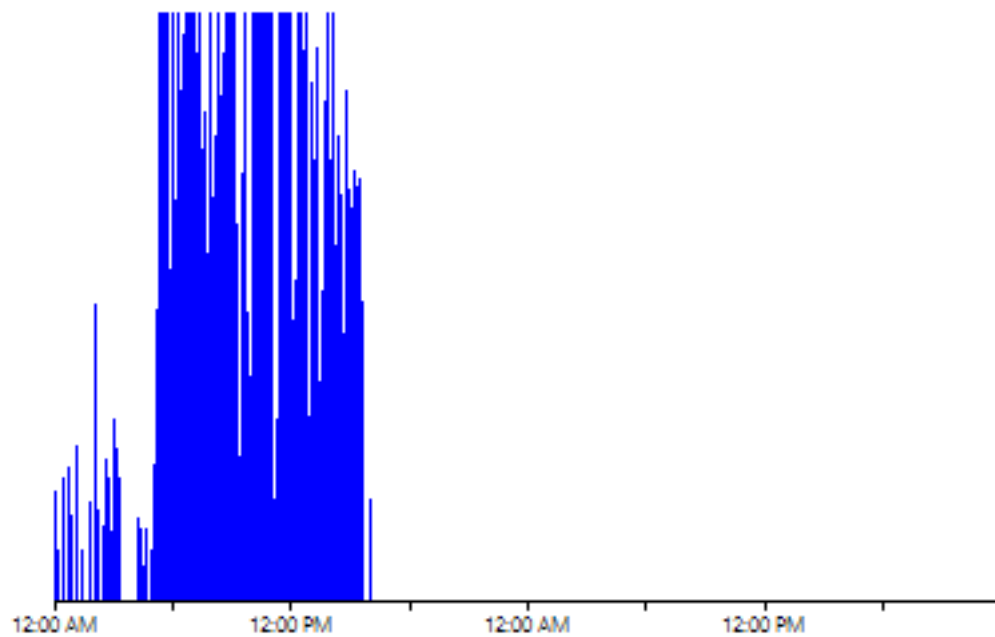
7/11/2017



8/11/2017



9/11/2017



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)
7/11/2017 11:27 PM	8/11/2017 12:35 AM	0	91.18%	68	62	6	2	3
8/11/2017 1:15 AM	8/11/2017 4:59 AM	0	91.96%	224	206	18	10	1.8
8/11/2017 11:39 PM	9/11/2017 5:07 AM	0	81.4%	328	267	61	26	2.35
12:07 AM	3:33 AM	0	88.18%	206.67	178.33	28.33	12.67	2.24