ActiGraph Sleep Report

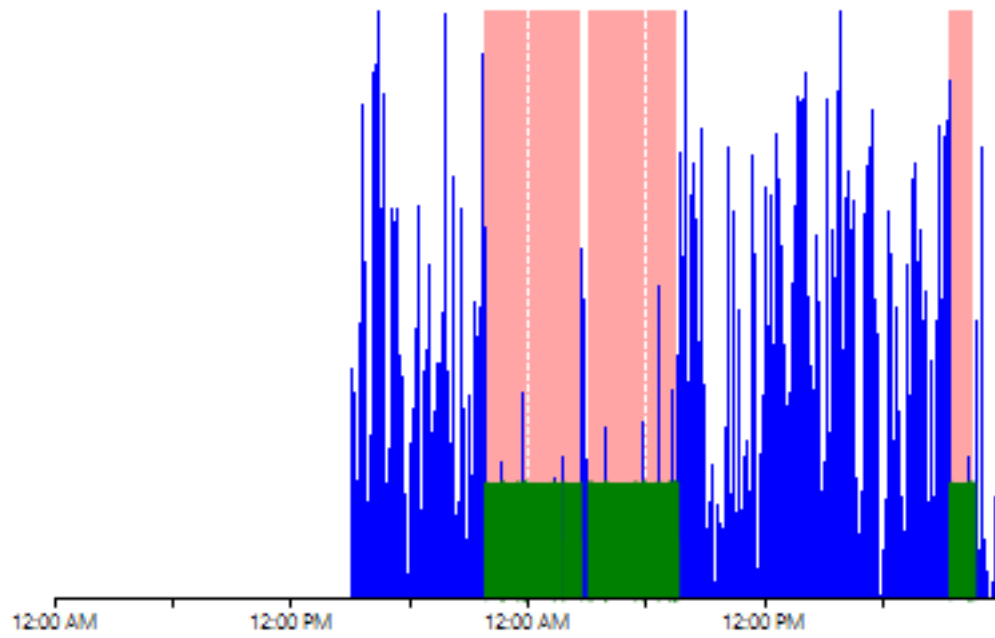## Name: GLYH1411563W

Data Start: 31/10/2017 3:05:00 PM
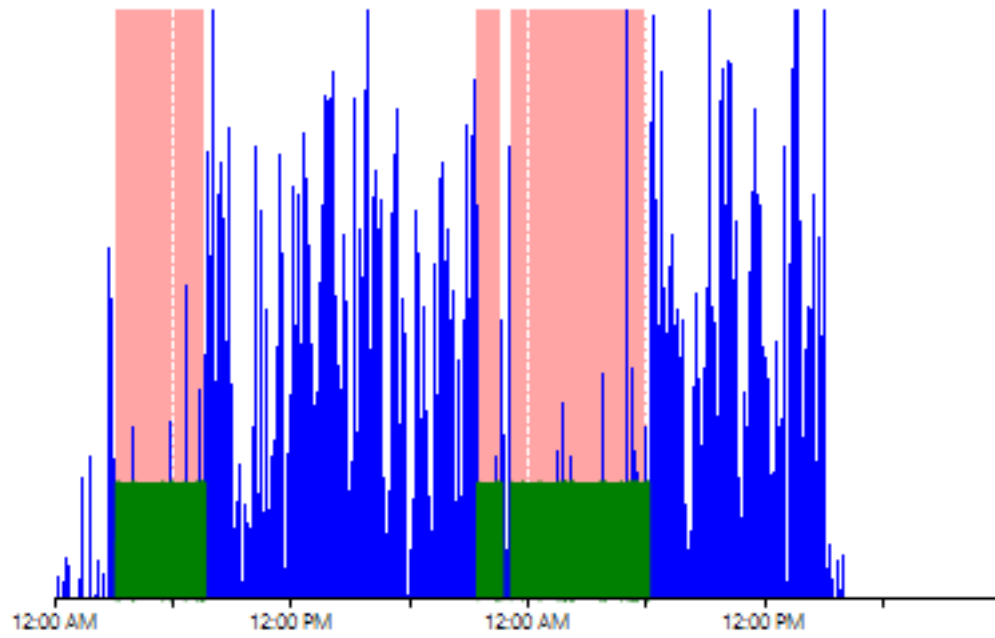
Data End: 2/11/2017 3:59:00 PM

Device Serial: TAS1F36160420
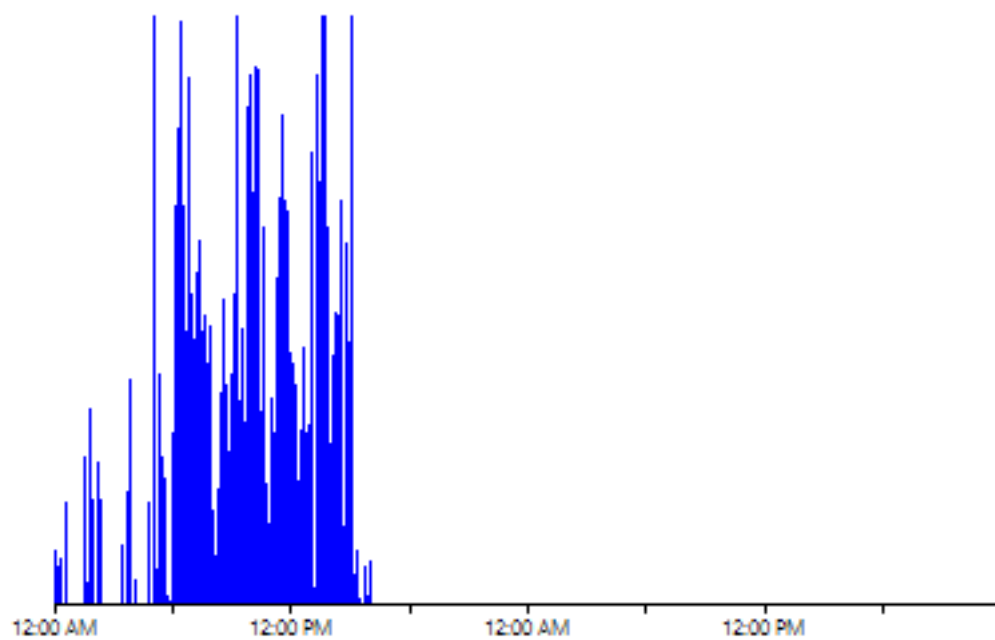
31/10/2017

12:00 AM   12:00 PM   12:00 AM   12:00 PM

1/11/2017

12:00 AM   12:00 PM   12:00 AM   12:00 PM

2/11/2017

12:00 AM   12:00 PM   12:00 AM   12:00 PM

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)
31/10/2017 9:54 PM	1/11/2017 2:41 AM	0	93.38%	287	268	19	8	2.38
1/11/2017 3:05 AM	1/11/2017 7:37 AM	0	93.01%	272	253	19	11	1.73
1/11/2017 9:29 PM	1/11/2017 10:41 PM	0	91.67%	72	66	6	2	3
1/11/2017 11:09 PM	2/11/2017 6:08 AM	0	87.59%	419	367	52	21	2.48
11:24 PM	**9:46 AM**	**0**	**91.41%**	**262.5**	**238.5**	**24**	**10.5**	**2.29**