ActiGraph Sleep Report

Name: GLYH0922100N
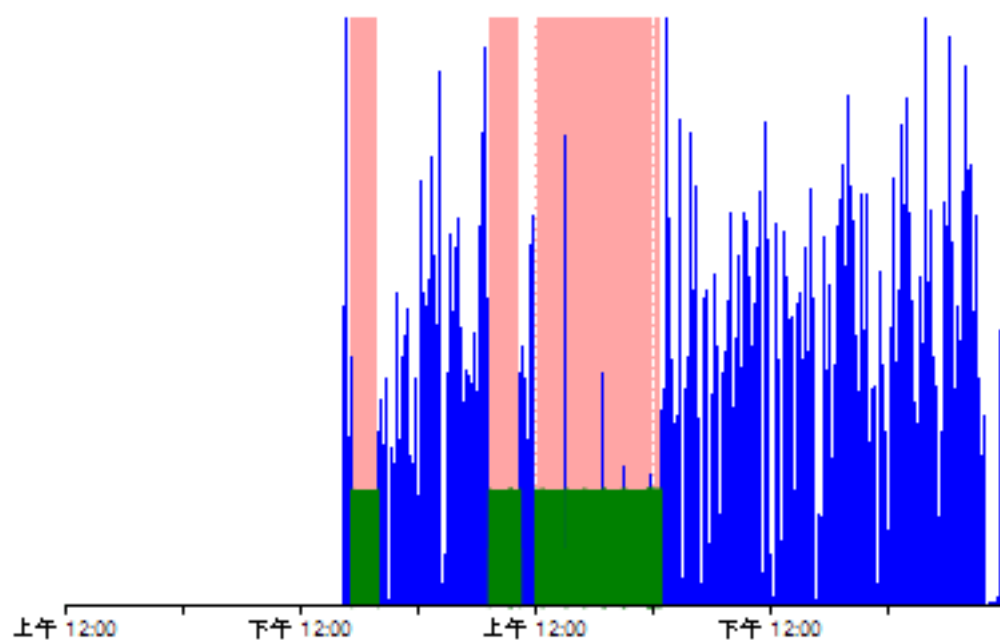
Data Start: 2017/5/23 02:15:00

Data End: 2017/5/25 02:29:00
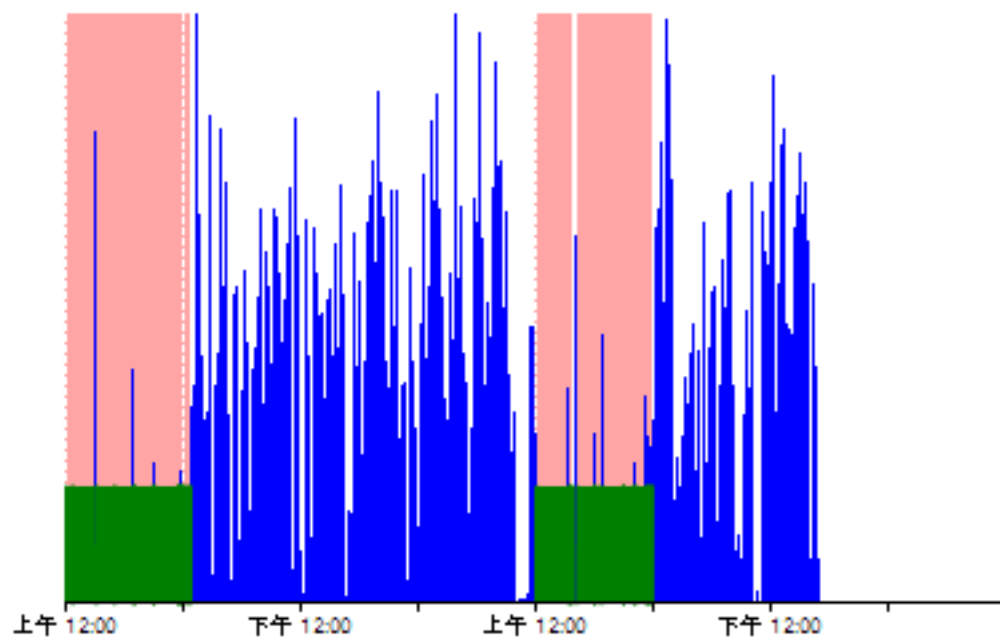
Weight: 137 lbs

Device Serial: TAS1F36160418
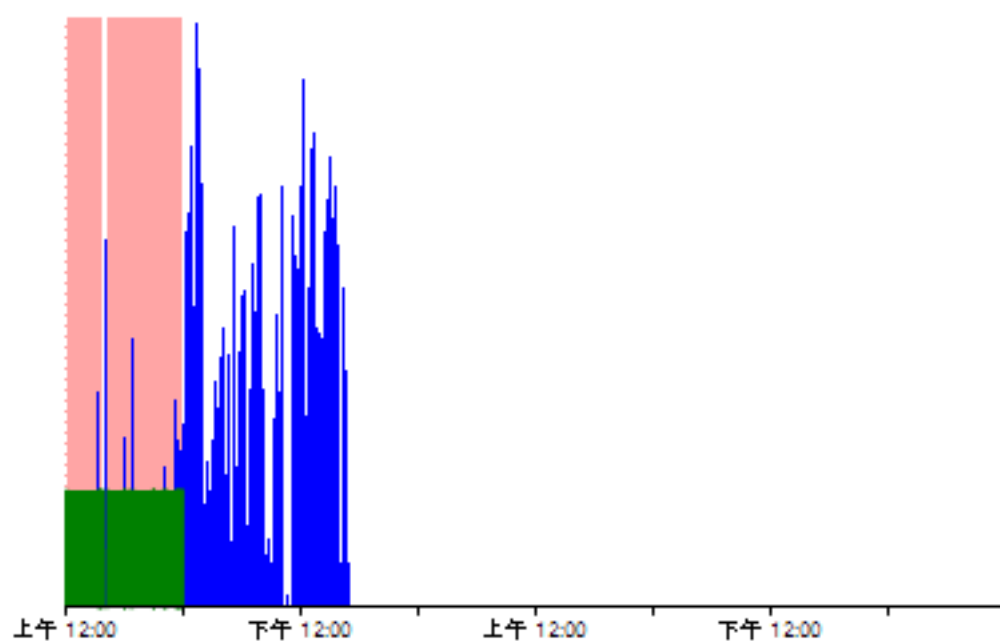
2017/5/23

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

2017/5/24

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

2017/5/25

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)
2017/5/23 02:38	2017/5/23 03:57	0	100%	79	79	0	0	0
2017/5/23 09:38	2017/5/23 11:12	0	97.87%	94	92	2	2	1
2017/5/24 12:01	2017/5/24 06:24	0	91.12%	383	349	34	14	2.43
2017/5/25 12:03	2017/5/25 01:57	0	96.49%	114	110	4	2	2
2017/5/25 02:07	2017/5/25 05:57	0	86.96%	230	200	30	11	2.73
10:05	**10:41**	**0**	**94.49%**	**180**	**166**	**14**	**5.8**	**2.41**