

ActiGraph Sleep Report

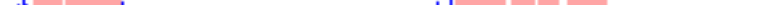
Name: Scoring Sleep Quality Through
Smartphone SNSR Study

Data Start: 10/22/2020 11:48:00 PM

Data End: 11/11/2020 3:21:00 AM

Weight: 165 lbs

Device Serial: TAS1H03200183



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)
10/23/2020 1:18 AM	10/23/2020 1:49 AM	0	74.19%	31	23	8	1	8
10/23/2020 3:38 AM	10/23/2020 7:51 AM	0	88.14%	253	223	30	11	2.73
10/23/2020 8:13 AM	10/23/2020 9:34 AM	0	91.36%	81	74	7	3	2.33
10/24/2020 2:28 AM	10/24/2020 6:12 AM	0	86.16%	224	193	31	11	2.82
10/24/2020 7:17 AM	10/24/2020 8:15 AM	0	96.55%	58	56	2	2	1
10/25/2020 12:22 AM	10/25/2020 7:02 AM	0	85.75%	400	343	57	17	3.35
10/26/2020 12:08 AM	10/26/2020 2:16 AM	0	89.84%	128	115	13	4	3.25
10/26/2020 2:26 AM	10/26/2020 5:27 AM	0	89.5%	181	162	19	8	2.38
10/26/2020 11:57 PM	10/27/2020 6:01 AM	0	87.91%	364	320	44	17	2.59
10/27/2020 6:14 AM	10/27/2020 8:40 AM	0	73.29%	146	107	39	10	3.9
10/28/2020 1:39 AM	10/28/2020 6:35 AM	0	89.86%	296	266	30	11	2.73
10/28/2020 7:31 AM	10/28/2020 8:50 AM	0	79.75%	79	63	16	5	3.2
10/28/2020 9:00 AM	10/28/2020 9:52 AM	0	96.15%	52	50	2	2	1
10/29/2020 2:20 AM	10/29/2020 6:27 AM	0	84.21%	247	208	39	12	3.25
10/29/2020 6:39 AM	10/29/2020 8:15 AM	0	87.5%	96	84	12	6	2
10/30/2020 2:10 AM	10/30/2020 8:09 AM	0	86.07%	359	309	50	17	2.94
10/31/2020 3:17 AM	10/31/2020 7:11 AM	0	91.03%	234	213	21	6	3.5
11/1/2020 3:40 AM	11/1/2020 6:38 AM	0	93.26%	178	166	12	3	4
11/1/2020 6:48 AM	11/1/2020 9:14 AM	0	74.66%	146	109	37	8	4.63
11/2/2020 4:27 AM	11/2/2020 8:56 AM	0	94.05%	269	253	16	11	1.45
11/3/2020 1:51 AM	11/3/2020 4:30 AM	0	96.86%	159	154	5	5	1
11/3/2020 4:44 AM	11/3/2020 7:12 AM	0	82.43%	148	122	26	8	3.25
11/3/2020 7:36 AM	11/3/2020 9:40 AM	0	70.97%	124	88	36	14	2.57

11/4/2020 3:26 AM	11/4/2020 10:19 AM	0	83.78%	413	346	67	14	4.79
11/5/2020 1:02 AM	11/5/2020 8:23 AM	0	82.54%	441	364	77	23	3.35
11/6/2020 1:56 AM	11/6/2020 9:18 AM	0	85.75%	442	379	63	28	2.25
11/7/2020 1:33 AM	11/7/2020 6:57 AM	0	85.19%	324	276	48	17	2.82
11/7/2020 7:30 AM	11/7/2020 9:09 AM	0	97.98%	99	97	2	1	2
11/8/2020 2:53 AM	11/8/2020 8:28 AM	0	82.09%	335	275	60	22	2.73
11/8/2020 8:52 AM	11/8/2020 9:35 AM	0	53.49%	43	23	20	5	4
11/9/2020 2:30 AM	11/9/2020 4:25 AM	0	93.04%	115	107	8	4	2
11/9/2020 4:38 AM	11/9/2020 5:08 AM	0	70%	30	21	9	1	9
11/10/2020 2:11 AM	11/10/2020 6:27 AM	0	85.16%	256	218	38	16	2.38
11/10/2020 6:39 AM	11/10/2020 8:03 AM	0	71.43%	84	60	24	12	2
11/10/2020 8:58 AM	11/10/2020 10:01 AM	0	77.78%	63	49	14	5	2.8
4:10 AM	7:27 AM	0	84.51%	197.09	169.03	28.06	9.71	2.89