ActiGraph Sleep Report

Name: Chen Xiaoyan

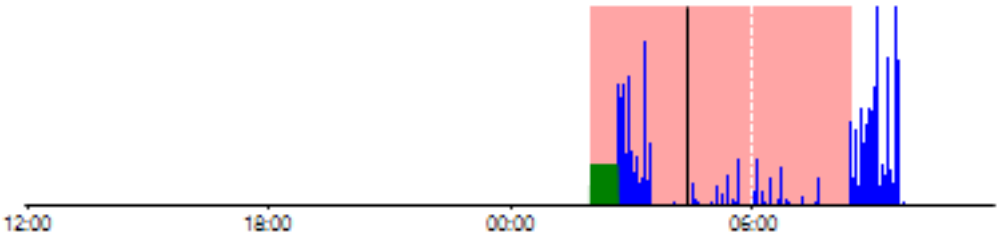
Data Start: 2023-08-07 20:00:00

Data End: 2023-08-14 11:59:00

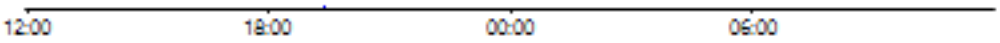
Weight: 51 kg

Device Serial: MOS2E11230658

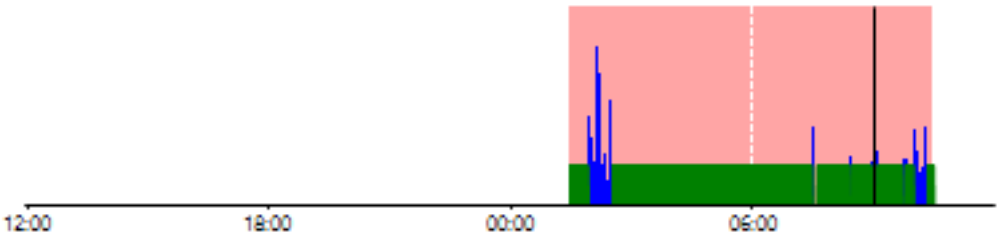
2023-08-07



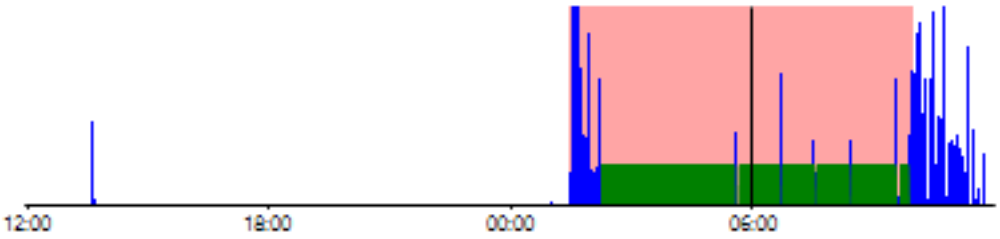
2023-08-08



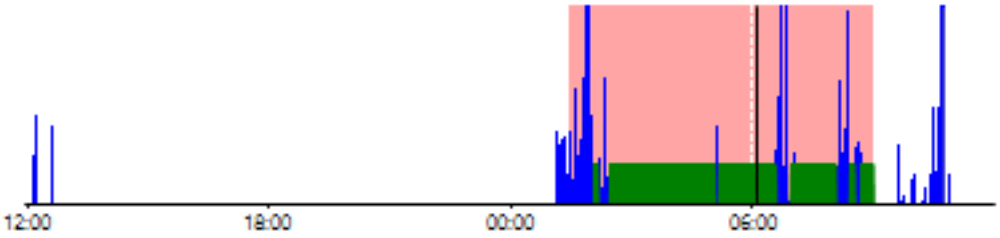
2023-08-09



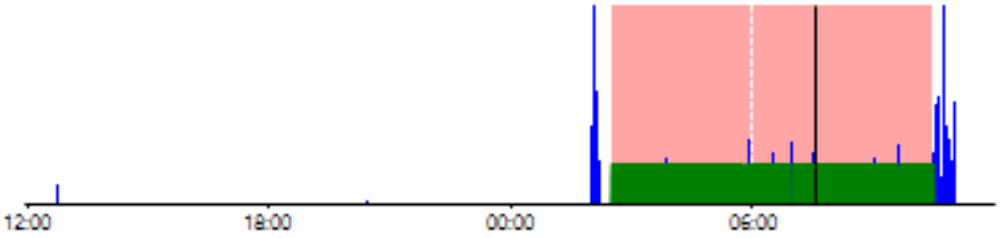
2023-08-10



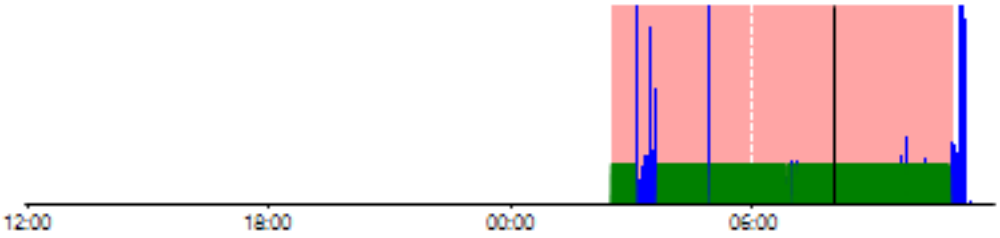
2023-08-11



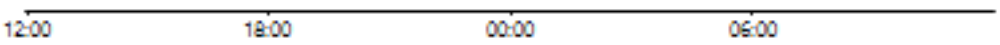
2023-08-12



2023-08-13



2023-08-14



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)
2023-08-08 02:00	2023-08-08 08:30	0	81.79%	390	319	71	11	6.45
2023-08-10 01:30	2023-08-10 10:30	0	82.59%	540	446	94	20	4.7
2023-08-11 01:30	2023-08-11 10:00	47	79.61%	510	406	57	16	3.56
2023-08-12 01:30	2023-08-12 09:00	36	71.56%	450	322	92	17	5.41
2023-08-13 02:30	2023-08-13 10:30	0	92.29%	480	443	37	20	1.85
2023-08-14 02:30	2023-08-14 11:00	0	86.08%	510	439	71	17	4.18
01:55	**09:55**	**13.83**	**82.32%**	**480**	**395.83**	**70.33**	**16.83**	**4.18**

ActiGraph Sleep Report

Name: Chenxiaoyan

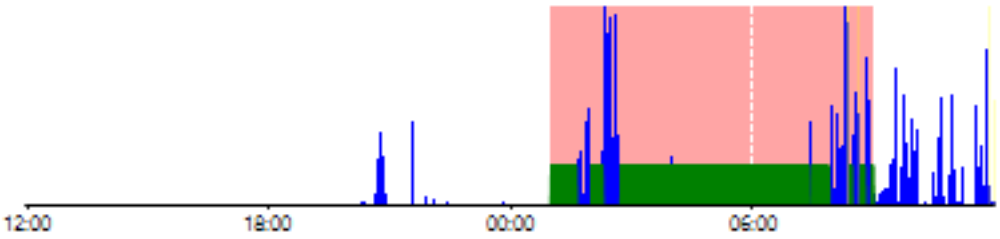
Data Start: 2023-09-04 20:00:00

Data End: 2023-09-11 11:59:00

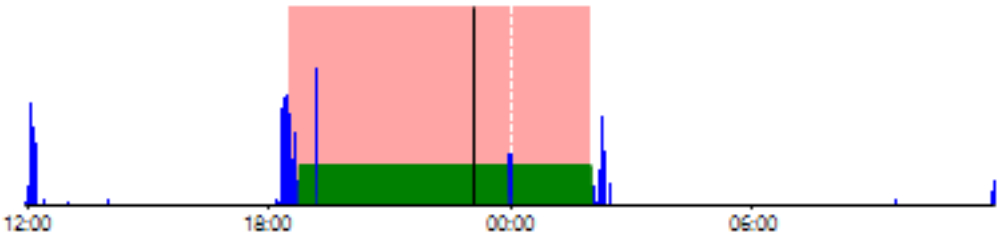
Weight: 53 kg

Device Serial: MOS2E36190134

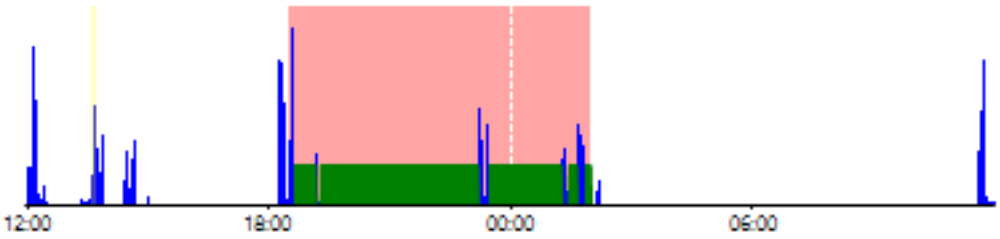
2023-09-04



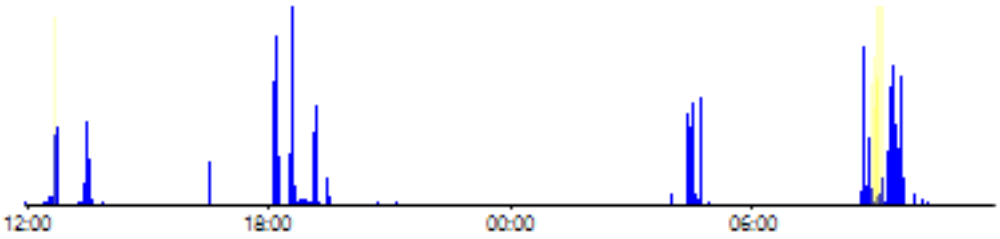
2023-09-05



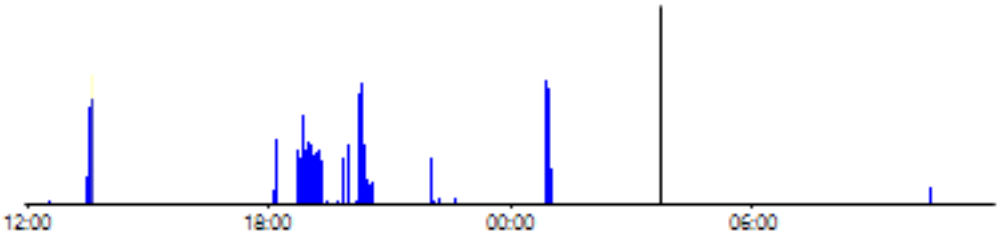
2023-09-06



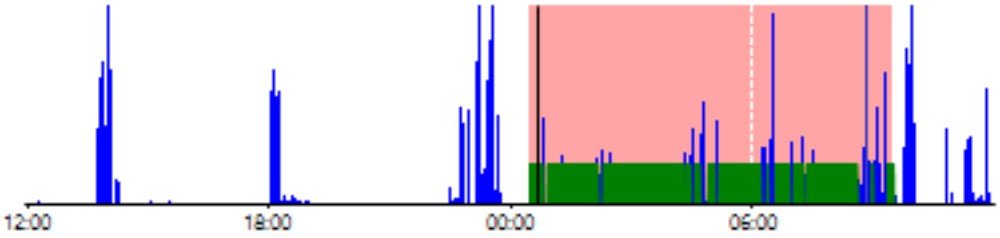
2023-09-07



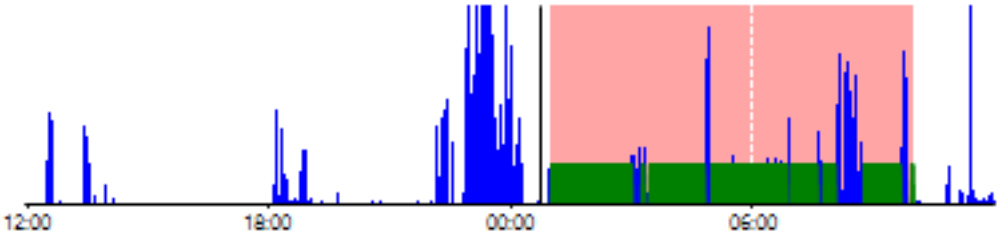
2023-09-08



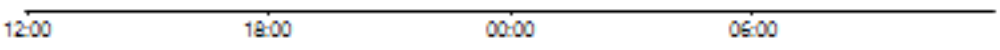
2023-09-09



2023-09-10



2023-09-11



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)
2023-09-05 01:00	2023-09-05 09:00	0	76.04%	480	365	115	11	10.45
2023-09-05 18:30	2023-09-06 02:00	16	92.22%	450	415	19	2	9.5
2023-09-06 18:30	2023-09-07 02:00	11	84.67%	450	381	58	9	6.44
2023-09-10 00:30	2023-09-10 09:30	0	72.41%	540	391	149	31	4.81
2023-09-11 01:00	2023-09-11 10:00	0	76.48%	540	413	127	27	4.7
22:18	**06:30**	**5.4**	**80.36%**	**492**	**393**	**93.6**	**16**	**5.85**

ActiGraph Sleep Report

Name: XuChanghui

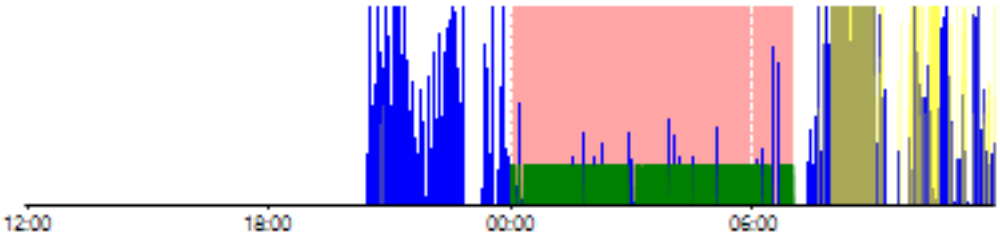
Data Start: 2023-09-04 20:00:00

Data End: 2023-09-11 11:59:00

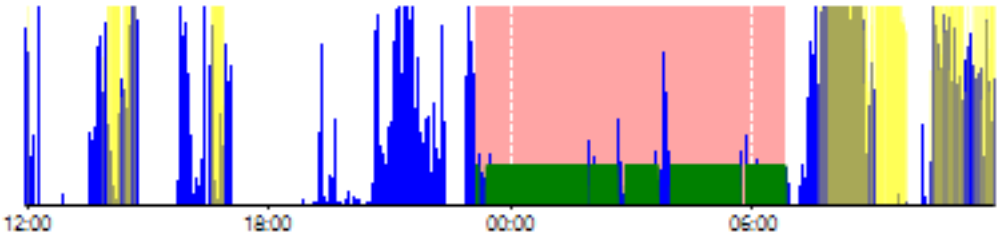
Weight: 59 kg

Device Serial: MOS2E36190119

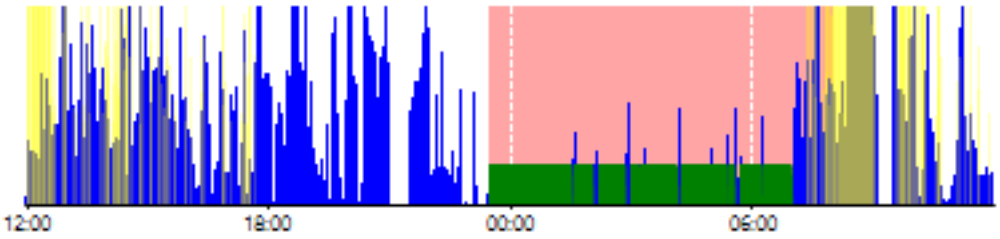
2023-09-04



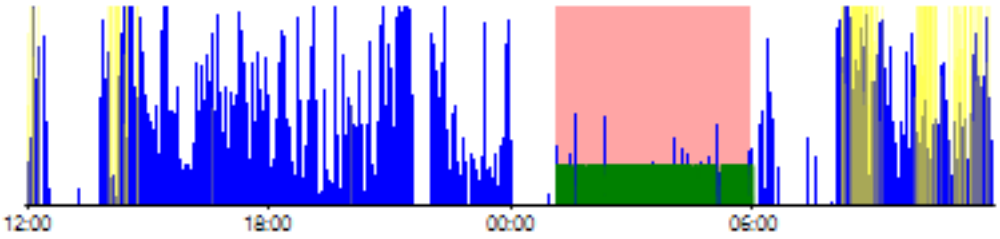
2023-09-05



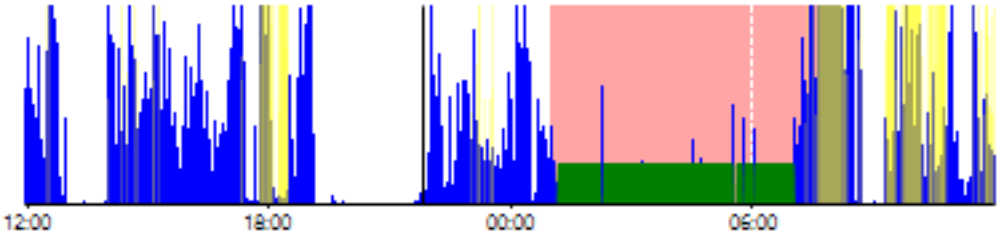
2023-09-06



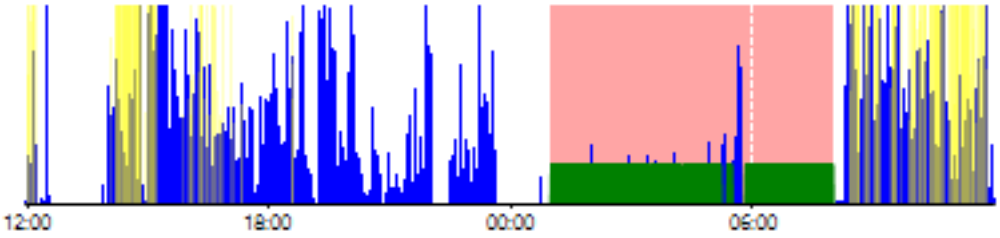
2023-09-07



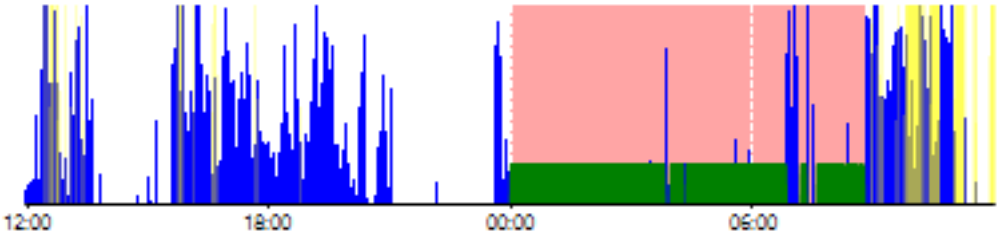
2023-09-08



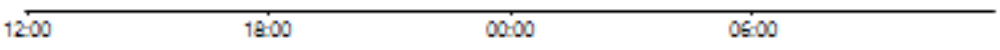
2023-09-09



2023-09-10



2023-09-11



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)
2023-09-05 00:00	2023-09-05 07:00	2	75.71%	420	318	100	33	3.03
2023-09-05 23:10	2023-09-06 06:50	0	81.3%	460	374	86	21	4.1
2023-09-06 23:30	2023-09-07 08:00	0	71.18%	510	363	147	33	4.45
2023-09-08 01:10	2023-09-08 06:00	0	82.07%	290	238	52	25	2.08
2023-09-09 01:00	2023-09-09 08:00	11	73.1%	420	307	102	21	4.86
2023-09-10 01:00	2023-09-10 08:00	0	86.67%	420	364	56	27	2.07
2023-09-11 00:00	2023-09-11 08:50	0	86.04%	530	456	74	16	4.63
00:15	**07:31**	**1.86**	**79.44%**	**435.71**	**345.71**	**88.14**	**25.14**	**3.51**

ActiGraph Sleep Report

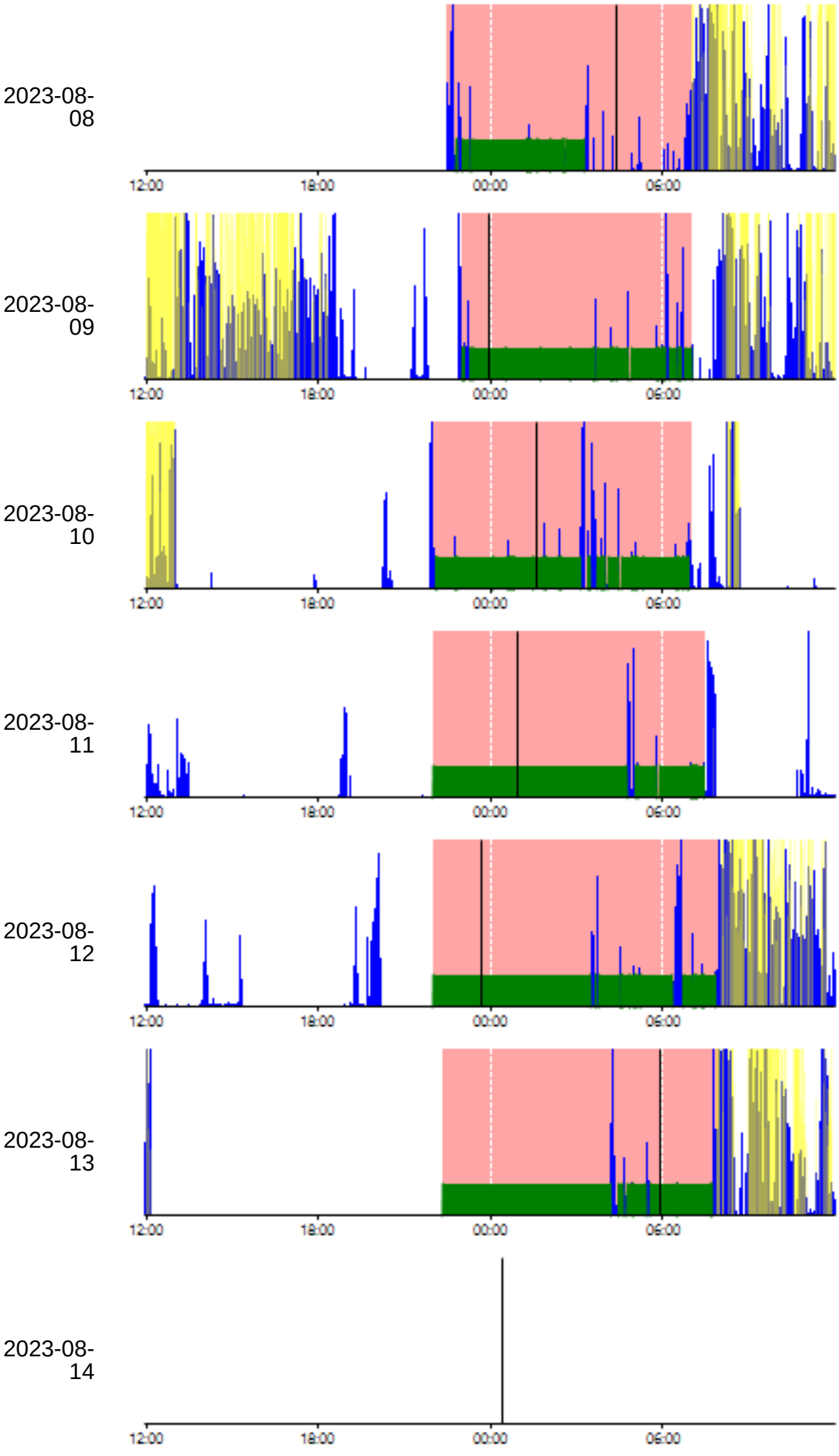
Name: Xu Changhui

Data Start: 2023-08-08 20:00:00

Data End: 2023-08-14 11:59:00

Weight: 58 kg

Device Serial: MOS2E12230273


2023-08-08
12:00
18:00
00:00
06:00
2023-08-09
12:00
18:00
00:00
06:00
2023-08-10
12:00
18:00
00:00
06:00
2023-08-11
12:00
18:00
00:00
06:00
2023-08-12
12:00
18:00
00:00
06:00
2023-08-13
12:00
18:00
00:00
06:00
2023-08-14
12:00
18:00
00:00
06:00

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)
2023-08-08 22:30	2023-08-09 07:00	18	81.96%	510	418	74	23	3.22
2023-08-09 23:00	2023-08-10 07:00	1	85.21%	480	409	70	20	3.5
2023-08-10 22:00	2023-08-11 07:00	6	82.96%	540	448	86	30	2.87
2023-08-11 22:00	2023-08-12 07:30	0	93.68%	570	534	36	9	4
2023-08-12 22:00	2023-08-13 08:00	0	88.83%	600	533	67	14	4.79
2023-08-13 22:20	2023-08-14 08:00	0	90.52%	580	525	55	7	7.86
22:18	**07:25**	**4.17**	**87.19%**	**546.67**	**477.83**	**64.67**	**17.17**	**3.77**

ActiGraph Sleep Report

Name: LiuQiaoling

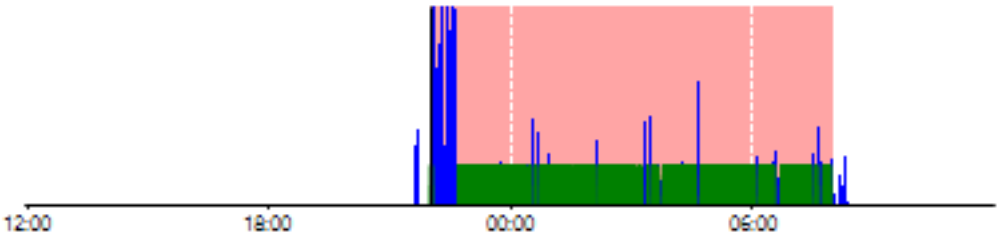
Data Start: 2023-08-10 20:00:00

Data End: 2023-08-17 11:59:00

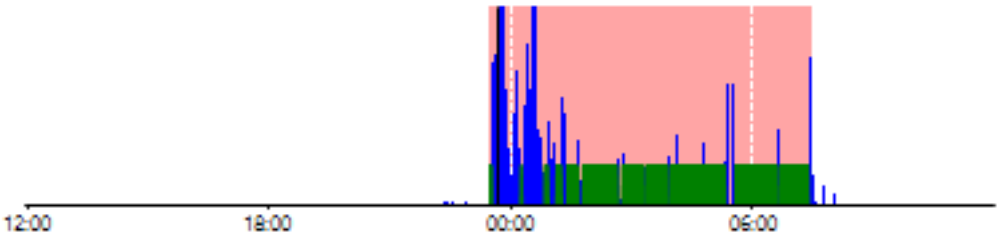
Weight: 65 kg

Device Serial: MOS2E36190119

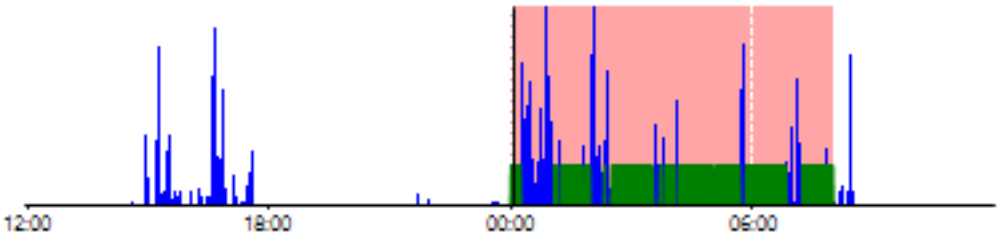
2023-08-10



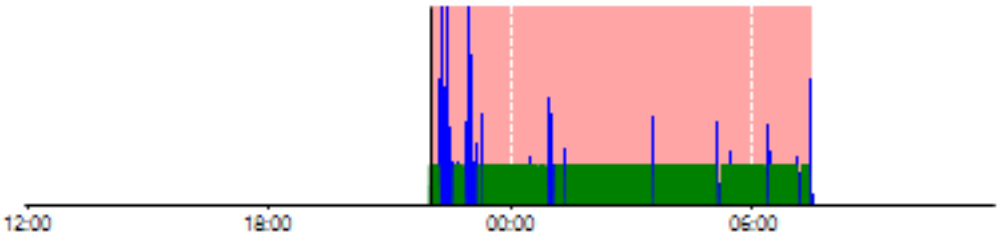
2023-08-11



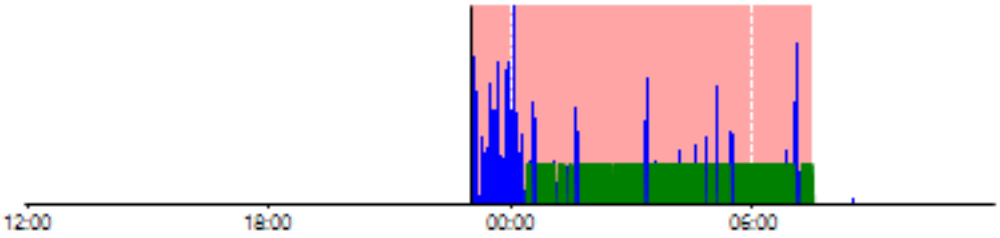
2023-08-12



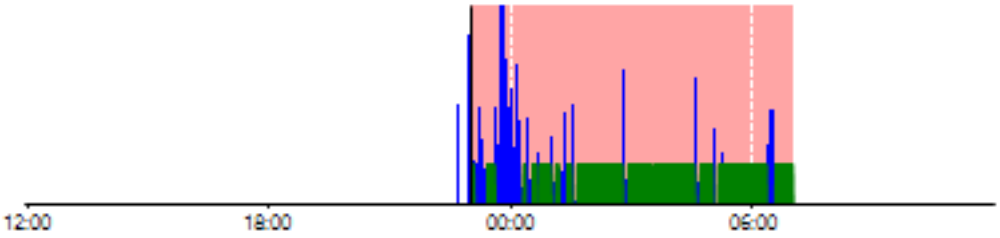
2023-08-13



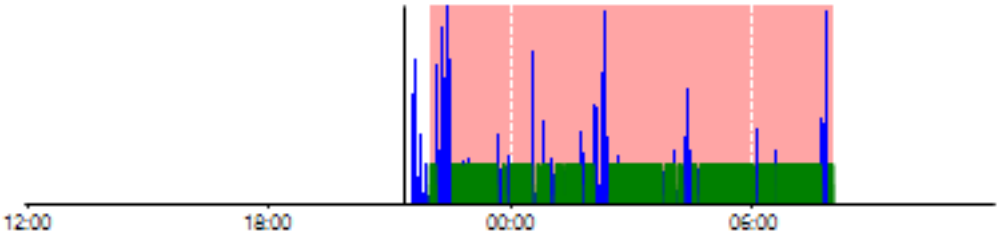
2023-08-14



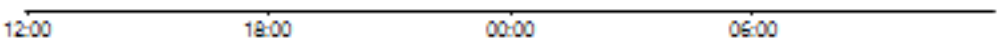
2023-08-15



2023-08-16



2023-08-17



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)
2023-08-10 22:00	2023-08-11 08:00	0	75.83%	600	455	145	38	3.82
2023-08-11 23:30	2023-08-12 07:30	0	63.96%	480	307	173	31	5.58
2023-08-13 00:00	2023-08-13 08:00	0	65.63%	480	315	165	22	7.5
2023-08-13 22:00	2023-08-14 07:30	0	75.09%	570	428	142	32	4.44
2023-08-14 23:00	2023-08-15 07:30	84	62.16%	510	317	109	28	3.89
2023-08-15 23:00	2023-08-16 07:00	3	66.67%	480	320	157	22	7.14
2023-08-16 22:00	2023-08-17 08:00	0	68%	600	408	192	39	4.92
22:47	**07:38**	**12.43**	**68.19%**	**531.43**	**364.29**	**154.71**	**30.29**	**5.11**

ActiGraph Sleep Report

Name: Liuqiaoling

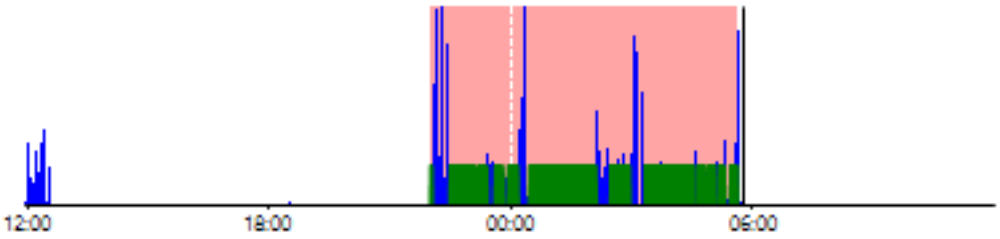
Data Start: 2023-09-12 08:30:00

Data End: 2023-09-19 08:20:00

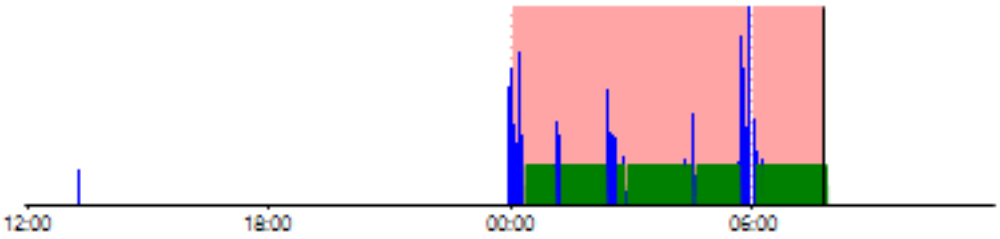
Weight: 65 kg

Device Serial: MOS2E11231057

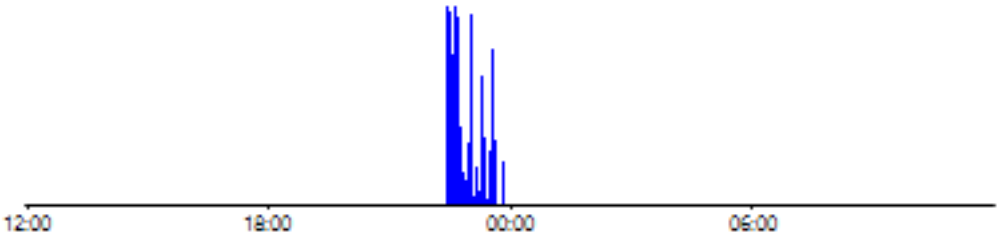
2023-09-12



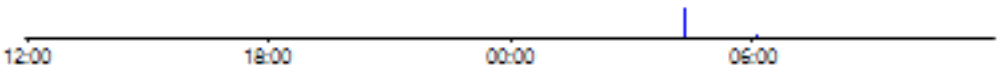
2023-09-13



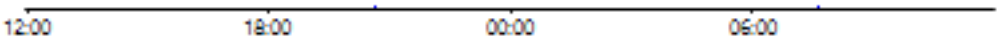
2023-09-14



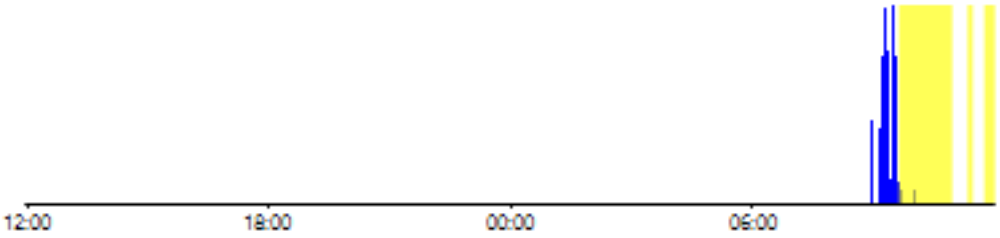
2023-09-15



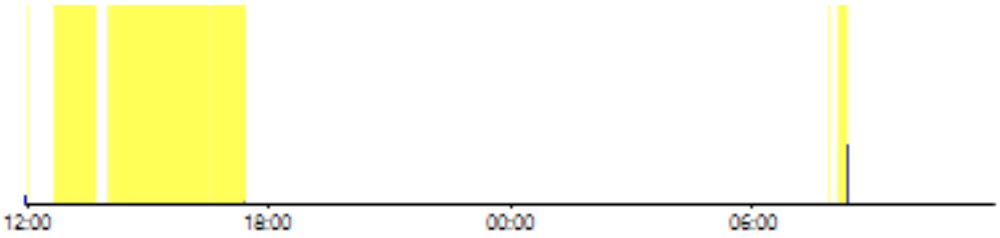
2023-09-16



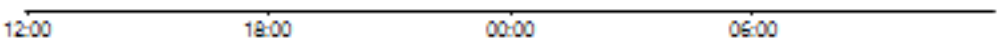
2023-09-17



2023-09-18



2023-09-19



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)
2023-09-12 22:00	2023-09-13 05:40	0	70.65%	460	325	135	24	5.63
2023-09-14 00:00	2023-09-14 07:50	23	72.98%	470	343	104	23	4.52
23:00	**06:45**	**11.5**	**71.82%**	**465**	**334**	**119.5**	**23.5**	**5.09**

ActiGraph Sleep Report

Name: fanmengsi

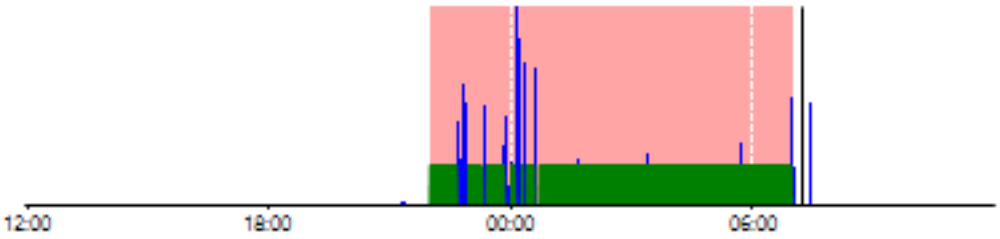
Data Start: 2023-09-11 20:00:00

Data End: 2023-09-18 11:59:00

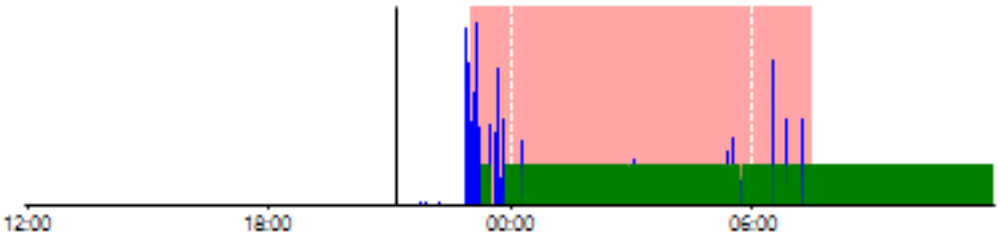
Weight: 46 kg

Device Serial: MOS2E11230658

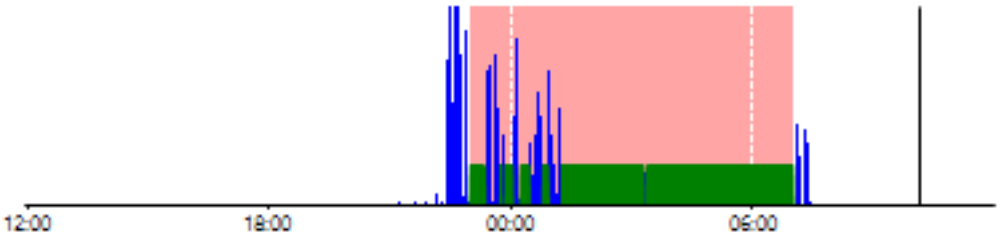
2023-09-11



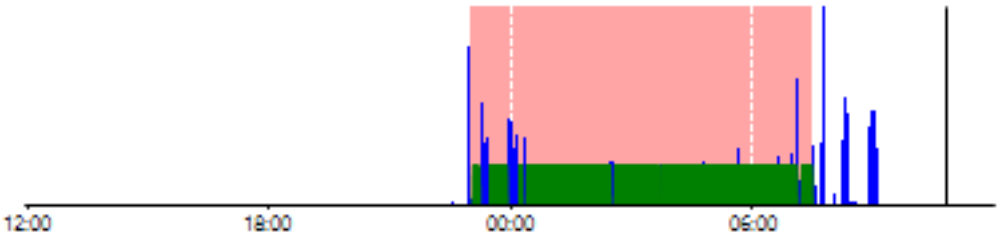
2023-09-12



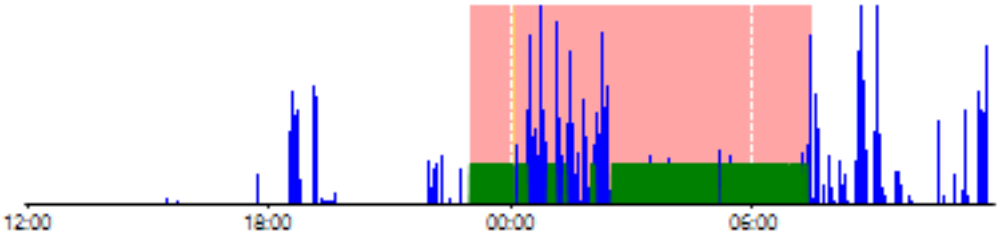
2023-09-13



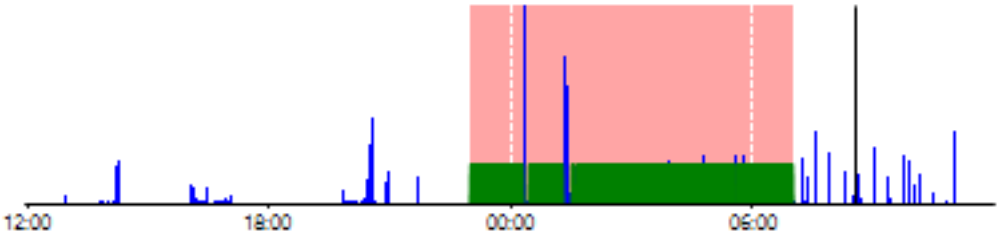
2023-09-14



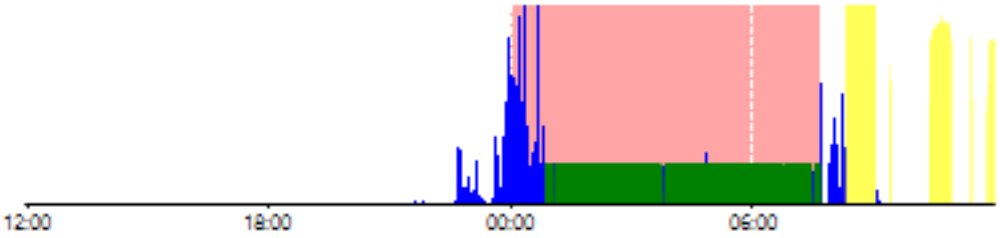
2023-09-15



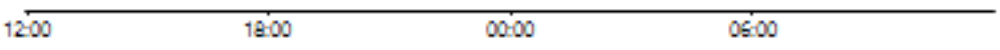
2023-09-16



2023-09-17



2023-09-18



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)
2023-09-11 22:00	2023-09-12 07:00	0	84.07%	540	454	86	25	3.44
2023-09-12 23:00	2023-09-13 07:30	18	80%	510	408	84	30	2.8
2023-09-13 23:00	2023-09-14 07:00	0	78.54%	480	377	103	17	6.06
2023-09-14 23:00	2023-09-15 07:30	4	81.57%	510	416	90	29	3.1
2023-09-15 23:00	2023-09-16 07:30	0	68.63%	510	350	160	23	6.96
2023-09-16 23:00	2023-09-17 07:00	0	90.83%	480	436	44	17	2.59
2023-09-18 00:00	2023-09-18 07:40	53	79.78%	460	367	40	17	2.35
23:00	**07:18**	**10.71**	**80.49%**	**498.57**	**401.14**	**86.71**	**22.57**	**3.84**

ActiGraph Sleep Report

Name: Fan Mengshi

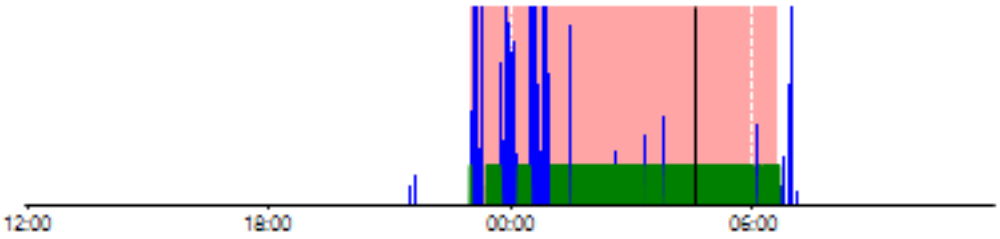
Data Start: 2023-08-10 20:00:00

Data End: 2023-08-17 11:59:00

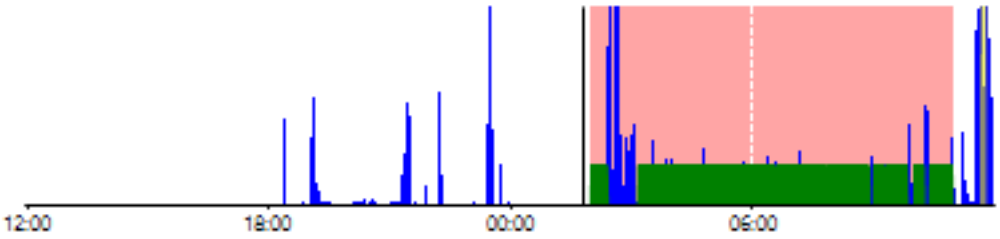
Weight: 46 kg

Device Serial: MOS2E11231049

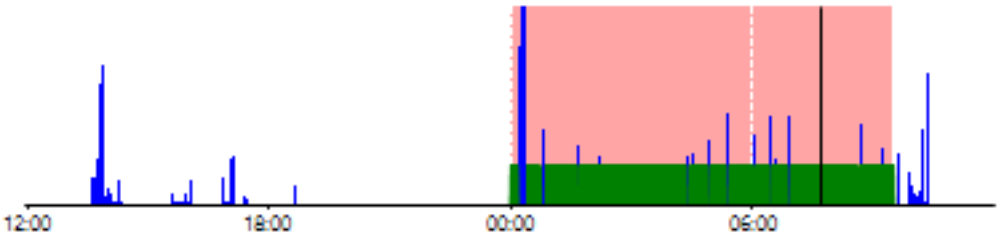
2023-08-10



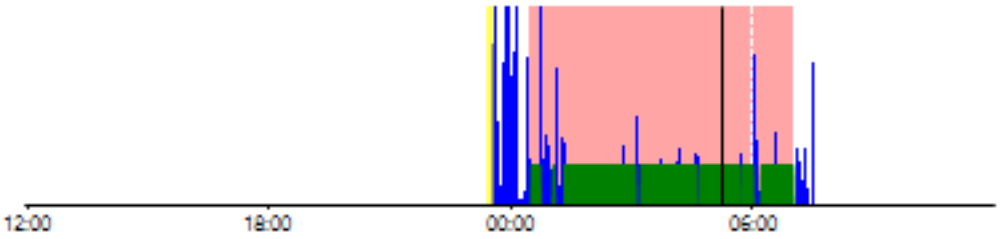
2023-08-11



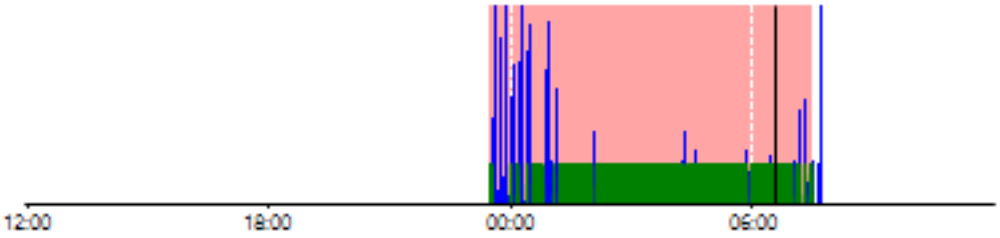
2023-08-12



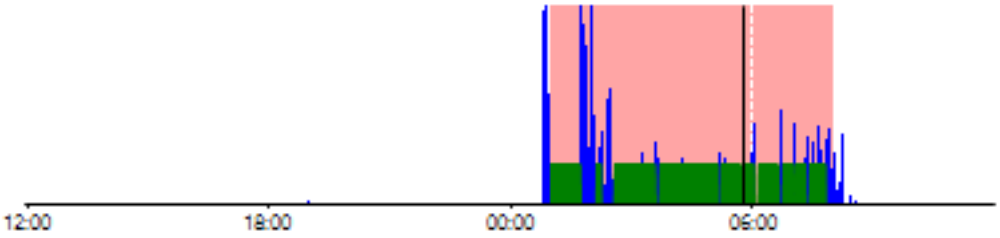
2023-08-13



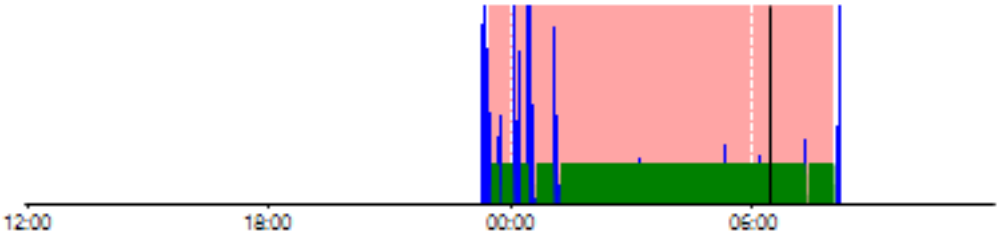
2023-08-14



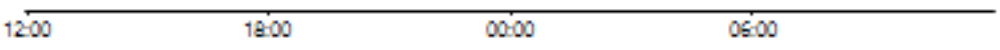
2023-08-15



2023-08-16



2023-08-17



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)
2023-08-10 23:00	2023-08-11 06:40	0	75%	460	345	115	17	6.76
2023-08-12 02:00	2023-08-12 11:00	0	76.85%	540	415	125	41	3.05
2023-08-13 00:00	2023-08-13 09:30	0	84.74%	570	483	87	36	2.42
2023-08-14 00:30	2023-08-14 07:00	1	77.18%	390	301	88	21	4.19
2023-08-14 23:30	2023-08-15 07:30	0	71.46%	480	343	137	31	4.42
2023-08-16 01:00	2023-08-16 08:00	2	69.76%	420	293	125	29	4.31
2023-08-16 23:30	2023-08-17 08:00	3	83.92%	510	428	79	22	3.59
00:12	**08:14**	**0.86**	**76.99%**	**481.43**	**372.57**	**108**	**28.14**	**3.84**

ActiGraph Sleep Report

Name: Lizhengmin

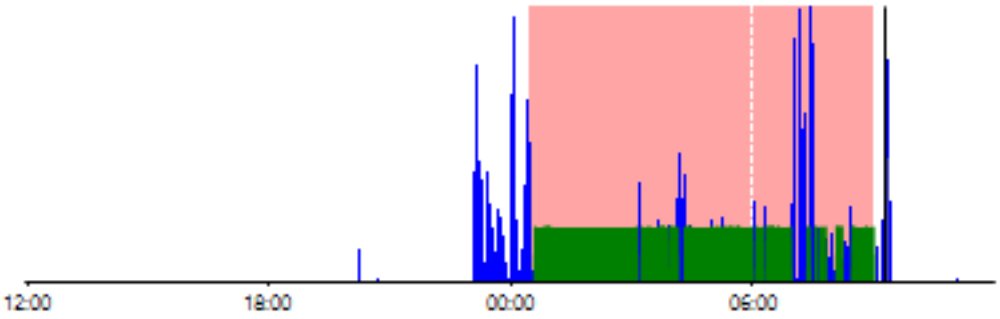
Data Start: 2023-09-11 20:00:00

Data End: 2023-09-16 11:12:00

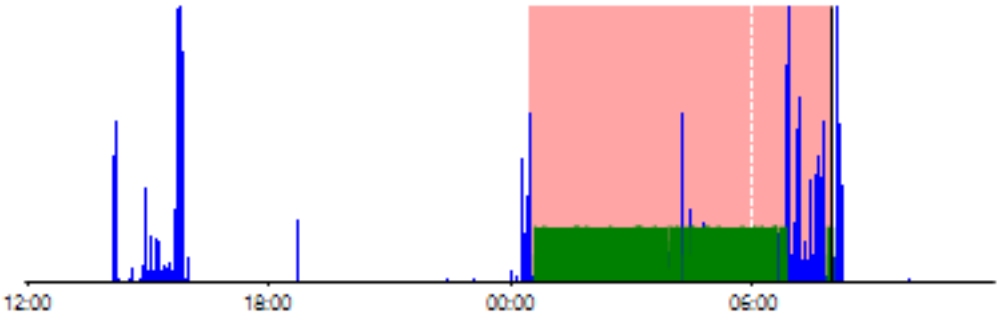
Weight: 50 kg

Device Serial: MOS2E11231049

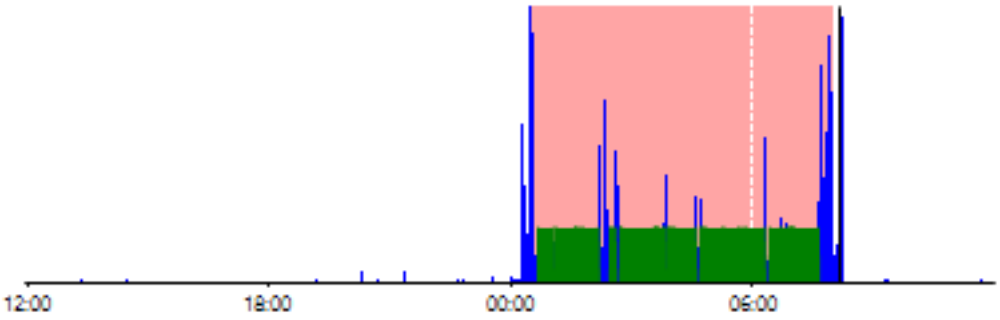
2023-09-11



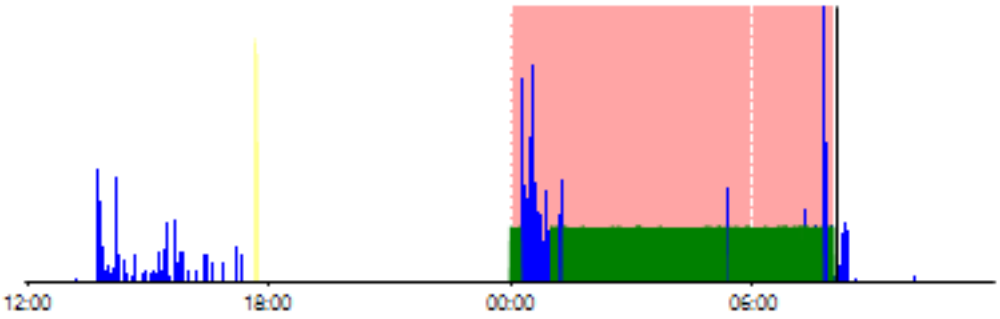
2023-09-12



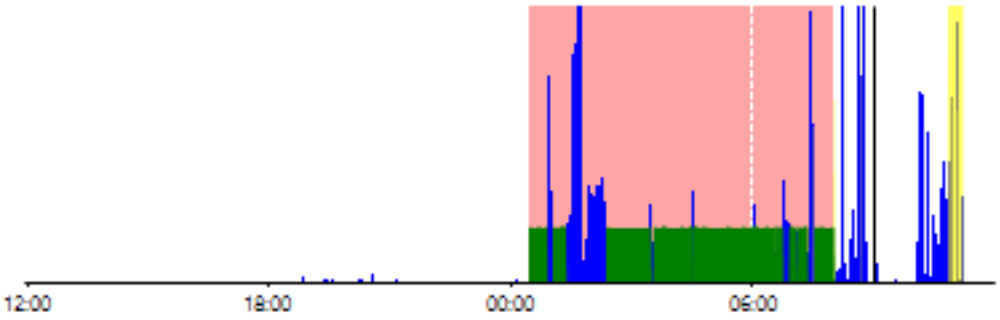
2023-09-13



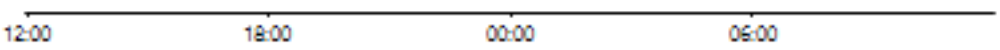
2023-09-14



2023-09-15



2023-09-16



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)
2023-09-12 00:30	2023-09-12 09:00	6	71.96%	510	367	137	35	3.91
2023-09-13 00:30	2023-09-13 08:00	6	74.89%	450	337	107	25	4.28
2023-09-14 00:30	2023-09-14 08:00	11	76.67%	450	345	94	28	3.36
2023-09-15 00:00	2023-09-15 08:00	0	76.25%	480	366	114	33	3.45
2023-09-16 00:30	2023-09-16 08:00	0	68%	450	306	144	26	5.54
00:24	**08:12**	**4.6**	**73.55%**	**468**	**344.2**	**119.2**	**29.4**	**4.05**

ActiGraph Sleep Report

Name:

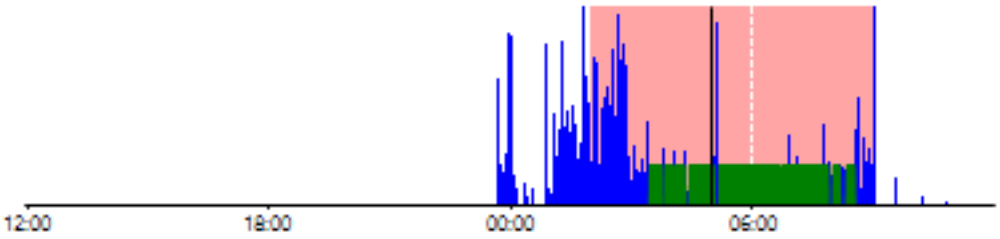
Data Start: 2023-08-10 20:00:00

Data End: 2023-08-17 11:59:00

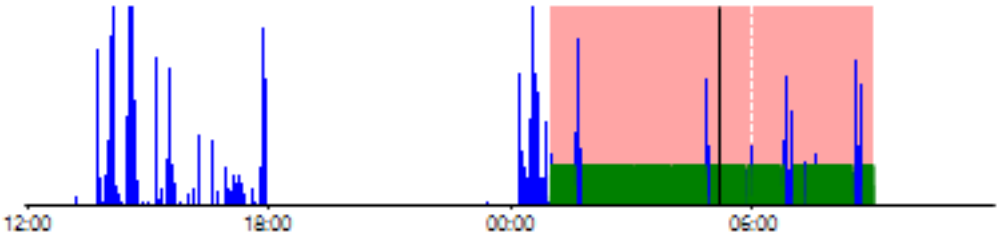
Weight: 50 kg

Device Serial: MOS2E36190132

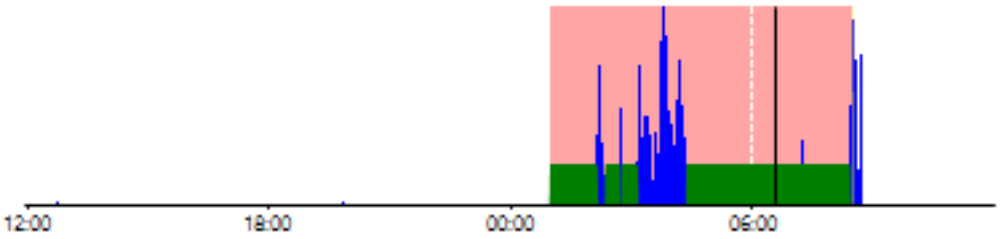
2023-08-10



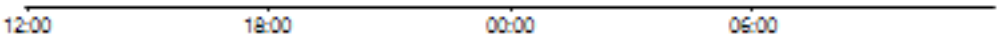
2023-08-11



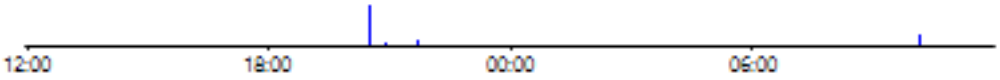
2023-08-12



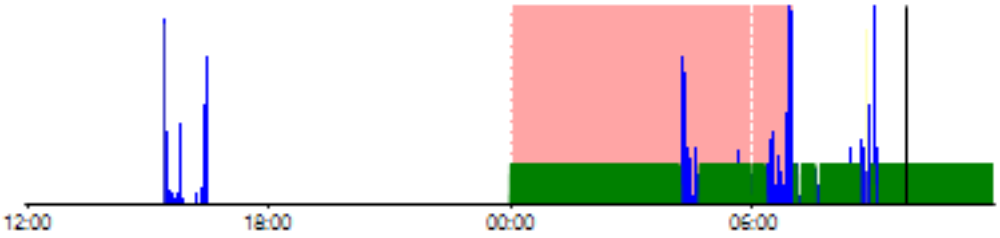
2023-08-13



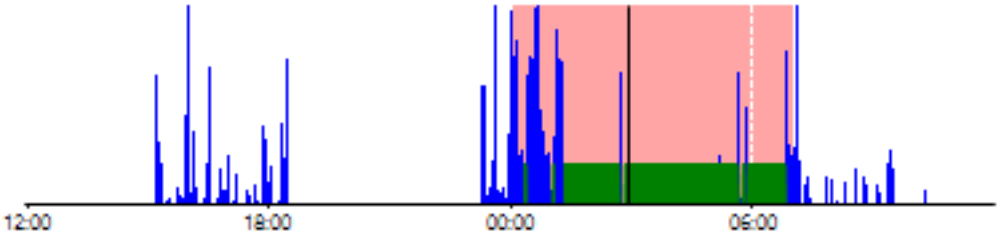
2023-08-14



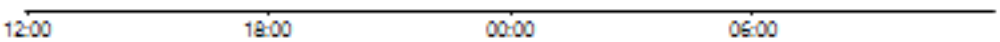
2023-08-15



2023-08-16



2023-08-17



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)
2023-08-11 02:00	2023-08-11 09:00	87	56.67%	420	238	95	20	4.75
2023-08-12 01:00	2023-08-12 09:00	0	78.75%	480	378	102	29	3.52
2023-08-13 01:00	2023-08-13 08:30	0	72.22%	450	325	125	18	6.94
2023-08-16 00:00	2023-08-16 07:00	0	80.48%	420	338	82	8	10.25
2023-08-17 00:00	2023-08-17 07:00	21	66.19%	420	278	121	28	4.32
00:48	**08:06**	**21.6**	**70.86%**	**438**	**311.4**	**105**	**20.6**	**5.1**

ActiGraph Sleep Report

Name: gongenqin

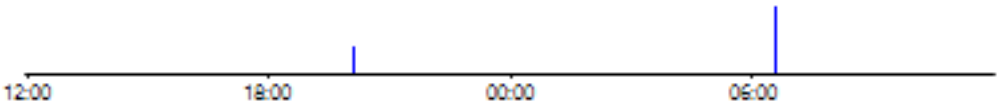
Data Start: 2023-09-11 20:00:00

Data End: 2023-09-18 11:59:00

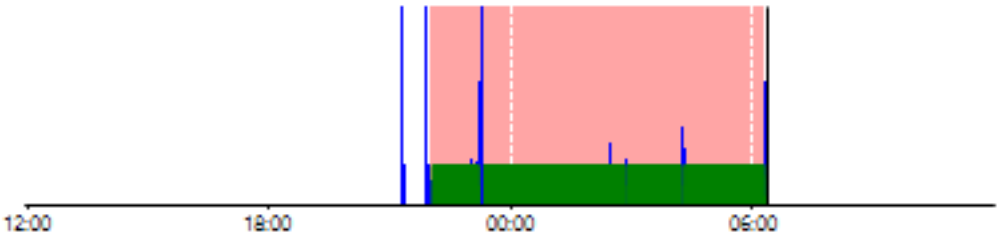
Weight: 51 kg

Device Serial: MOS2E12200541

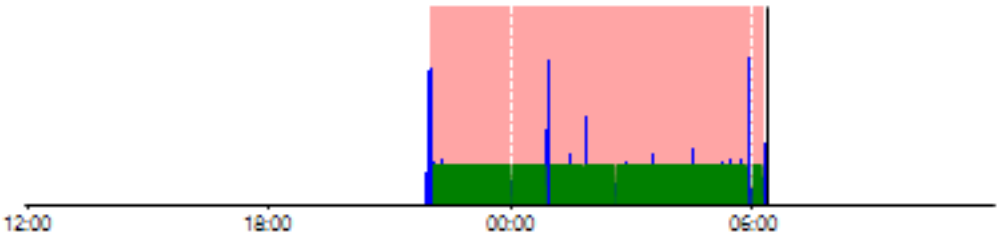
2023-09-11



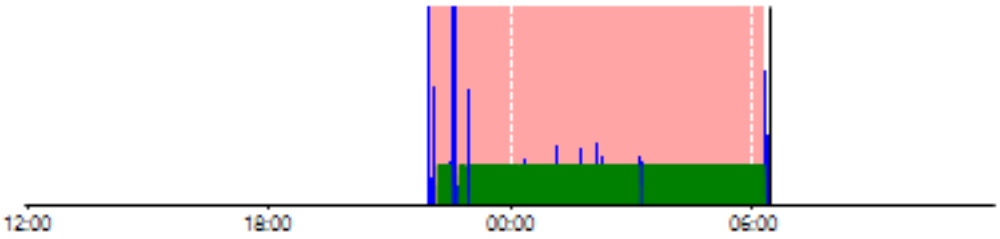
2023-09-12



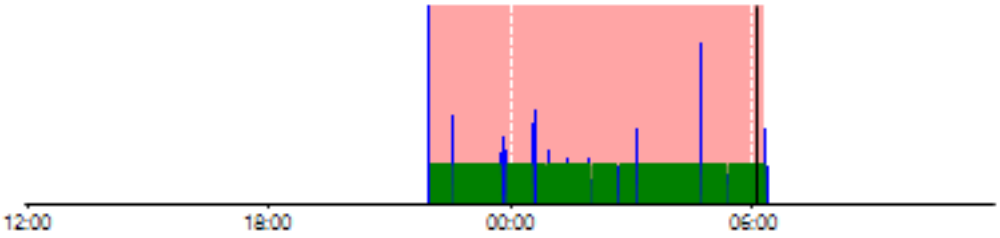
2023-09-13



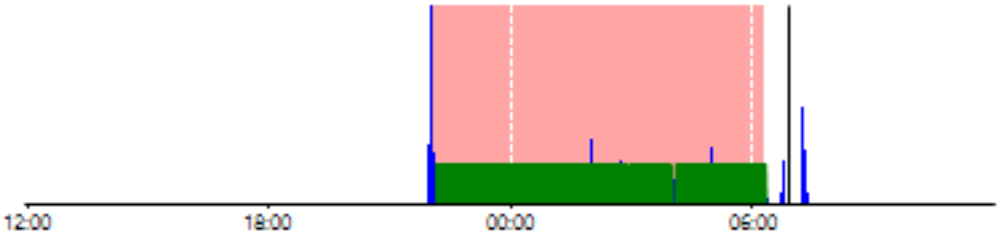
2023-09-14



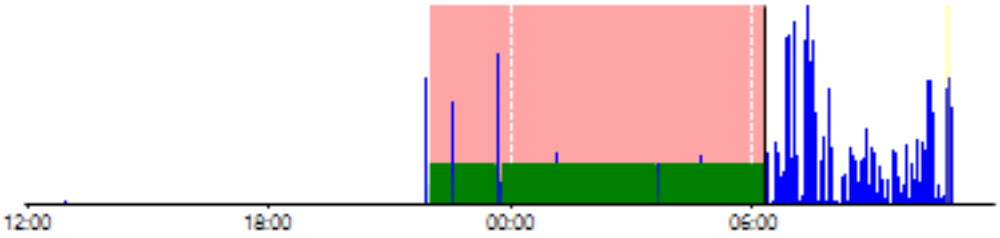
2023-09-15



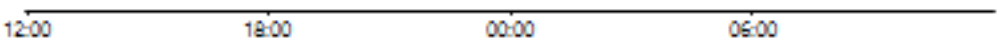
2023-09-16



2023-09-17



2023-09-18



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)
2023-09-12 22:00	2023-09-13 06:20	4	90.8%	500	454	42	20	2.1
2023-09-13 22:00	2023-09-14 06:20	7	82.6%	500	413	80	36	2.22
2023-09-14 22:00	2023-09-15 06:20	12	84.8%	500	424	64	31	2.06
2023-09-15 22:00	2023-09-16 06:20	3	82.8%	500	414	83	27	3.07
2023-09-16 22:00	2023-09-17 06:20	10	92%	500	460	30	18	1.67
2023-09-17 22:00	2023-09-18 06:20	1	90.6%	500	453	46	24	1.92
22:00	**06:20**	**6.17**	**87.27%**	**500**	**436.33**	**57.5**	**26**	**2.21**

ActiGraph Sleep Report

Name: GongEnqin

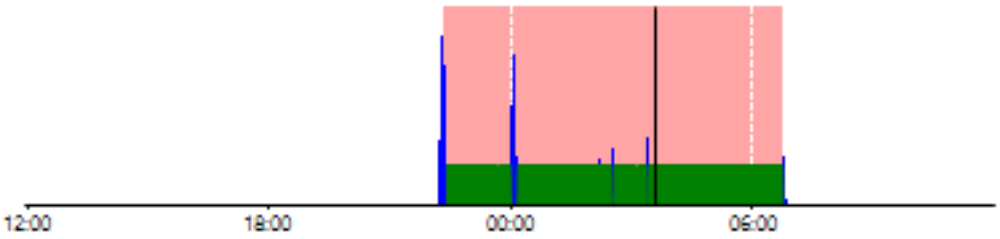
Data Start: 2023-08-11 20:00:00

Data End: 2023-08-18 11:59:00

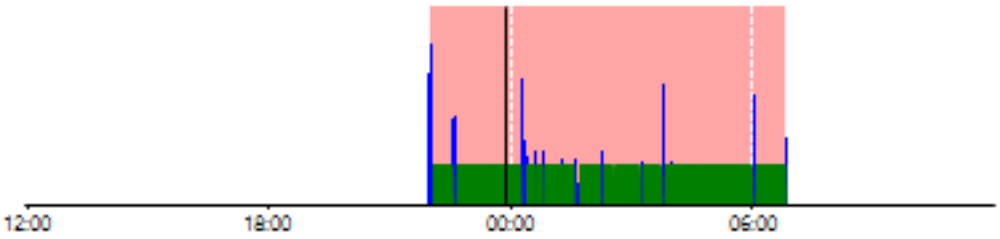
Weight: 50 kg

Device Serial: MOS2E12200178

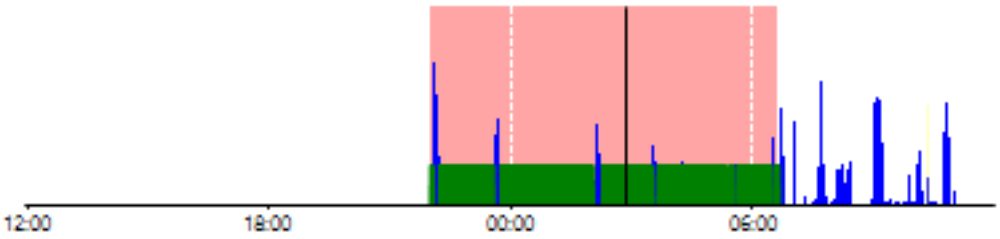
2023-08-11



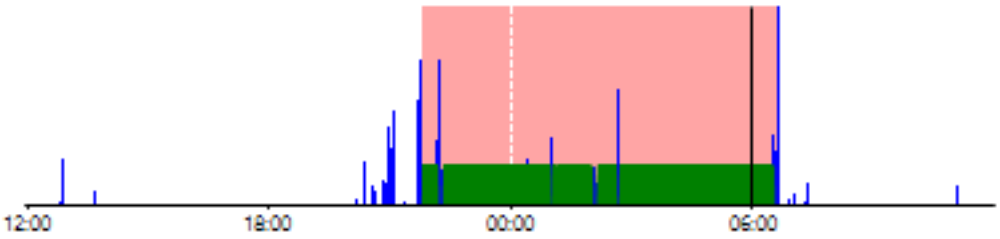
2023-08-12



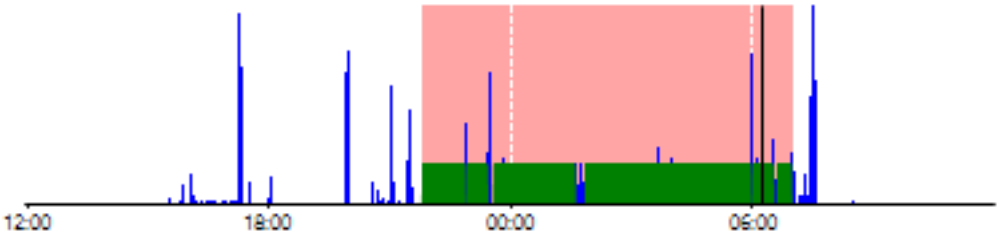
2023-08-13



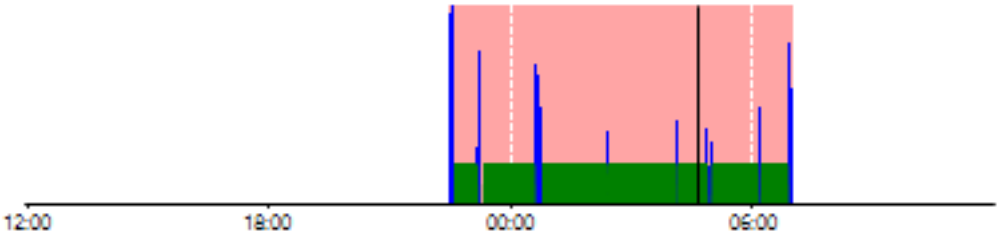
2023-08-14



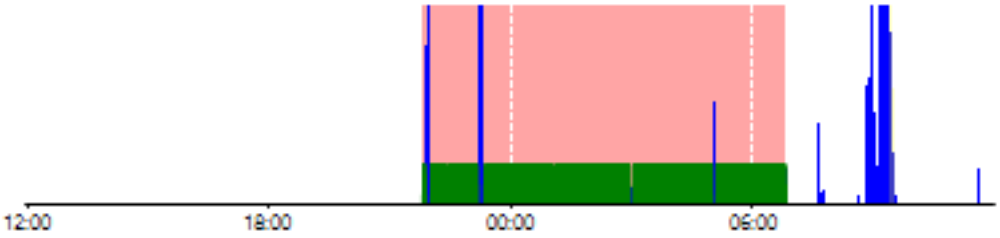
2023-08-15



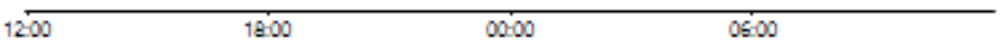
2023-08-16



2023-08-17



2023-08-18



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)
2023-08-11 22:20	2023-08-12 06:45	6	89.7%	505	453	46	22	2.09
2023-08-12 22:00	2023-08-13 06:50	7	78.49%	530	416	107	44	2.43
2023-08-13 22:00	2023-08-14 06:40	0	87.31%	520	454	66	24	2.75
2023-08-14 21:50	2023-08-15 06:40	0	89.43%	530	474	56	16	3.5
2023-08-15 21:50	2023-08-16 07:00	0	84.55%	550	465	85	29	2.93
2023-08-16 22:30	2023-08-17 07:00	9	83.14%	510	424	77	23	3.35
2023-08-17 21:50	2023-08-18 06:50	0	87.04%	540	470	70	33	2.12
22:02	**06:49**	**3.14**	**85.66%**	**526.43**	**450.86**	**72.43**	**27.29**	**2.65**

ActiGraph Sleep Report

Name: Zhoujun

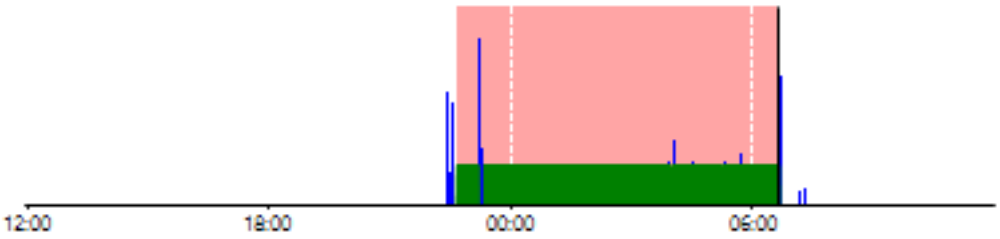
Data Start: 2023-09-11 20:00:00

Data End: 2023-09-18 11:59:00

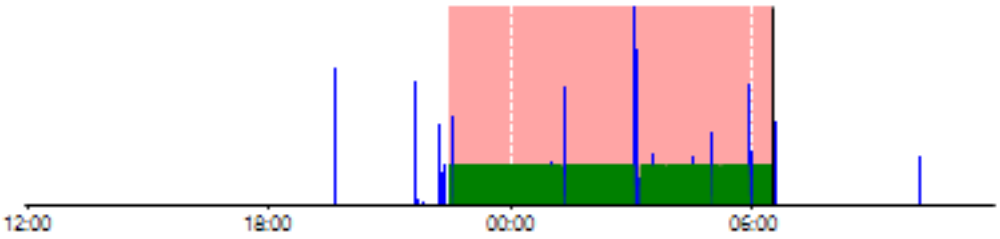
Weight: 55 kg

Device Serial: MOS2E36190124

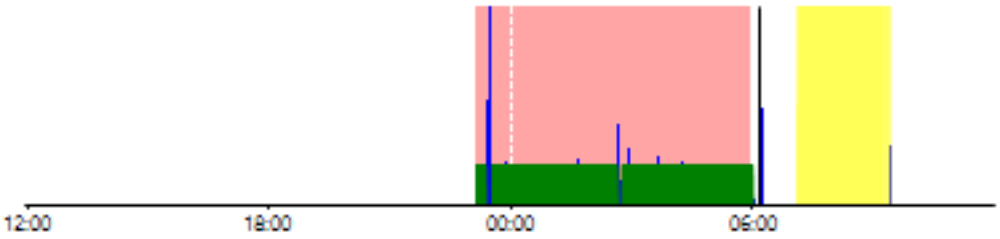
2023-09-11



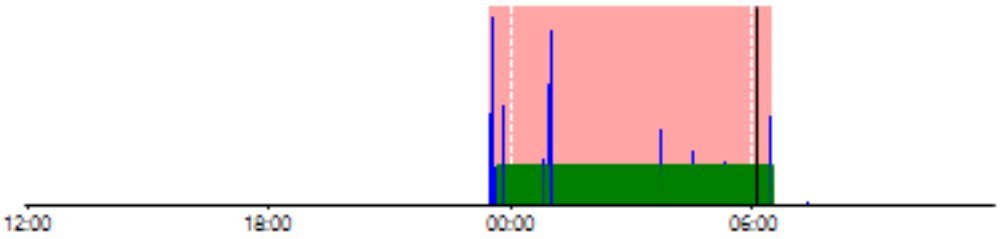
2023-09-12



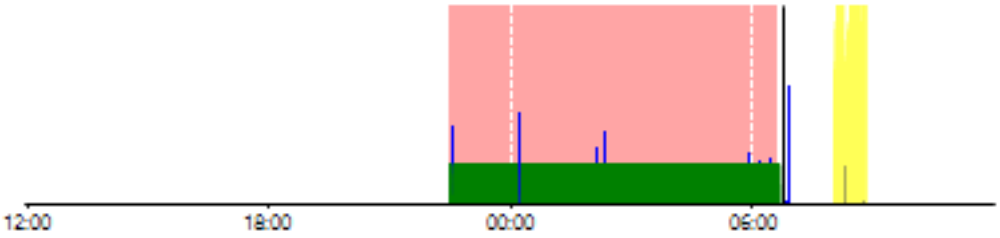
2023-09-13



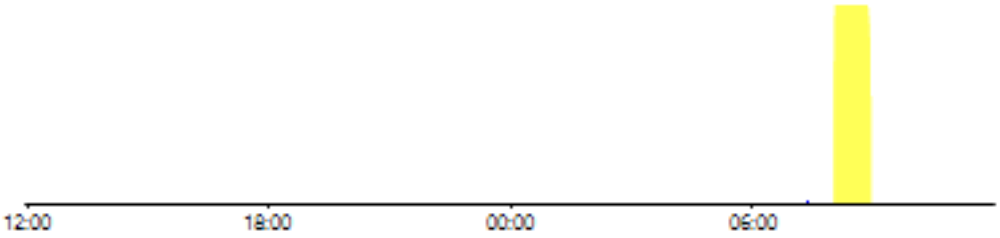
2023-09-14



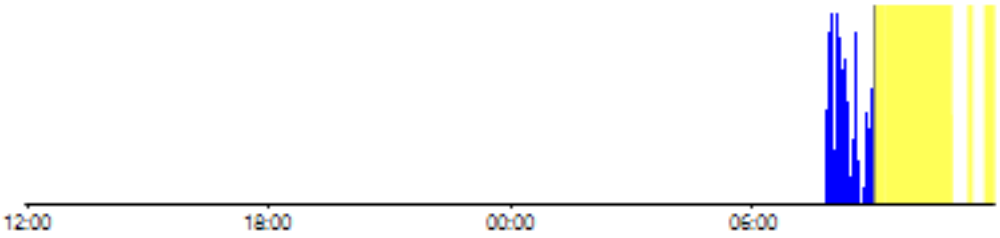
2023-09-15



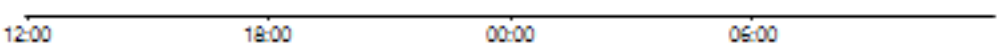
2023-09-16



2023-09-17



2023-09-18



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)
2023-09-11 22:40	2023-09-12 06:40	0	89.38%	480	429	51	28	1.82
2023-09-12 22:30	2023-09-13 06:30	0	85%	480	408	72	26	2.77
2023-09-13 23:10	2023-09-14 06:00	0	89.76%	410	368	42	23	1.83
2023-09-14 23:30	2023-09-15 06:30	12	85%	420	357	51	23	2.22
2023-09-15 22:30	2023-09-16 06:40	0	93.06%	490	456	34	22	1.55
22:52	**06:28**	**2.4**	**88.44%**	**456**	**403.6**	**50**	**24.4**	**2.05**

ActiGraph Sleep Report

Name: ZhouJun

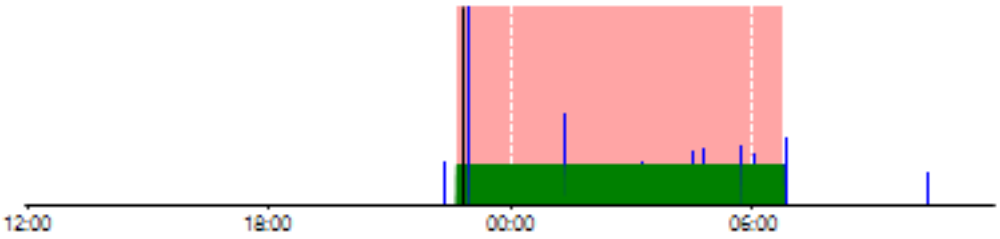
Data Start: 2023-08-14 20:00:00

Data End: 2023-08-21 09:37:00

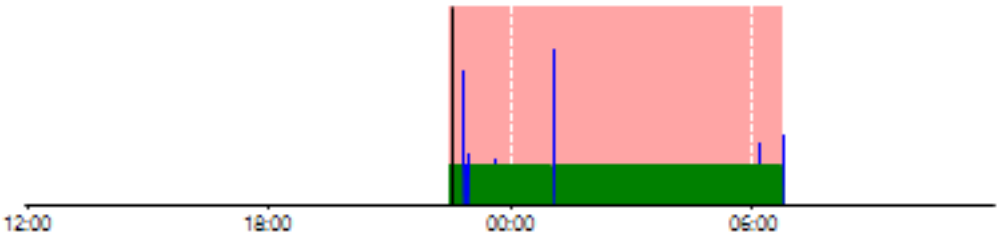
Weight: 55 kg

Device Serial: MOS2E36190130

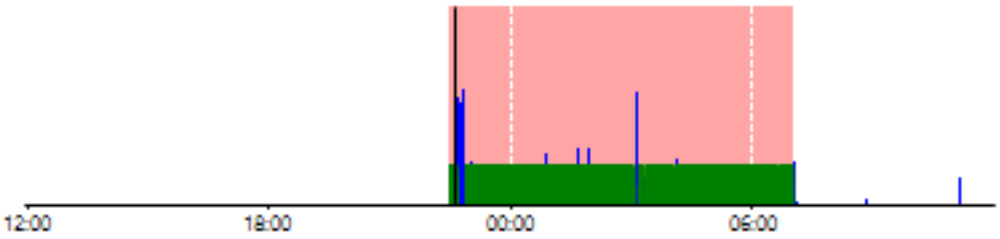
2023-08-14



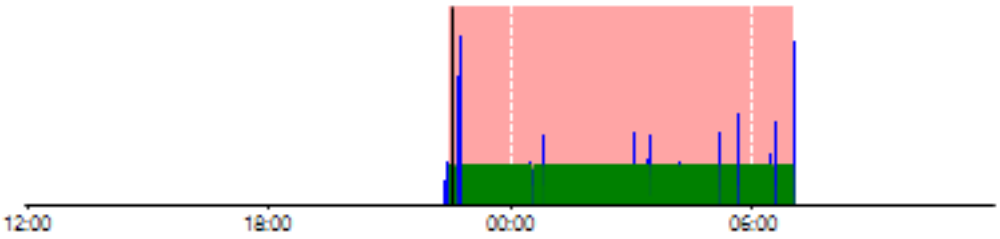
2023-08-15



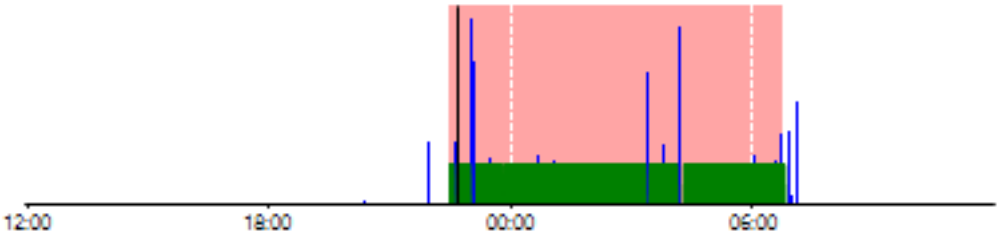
2023-08-16



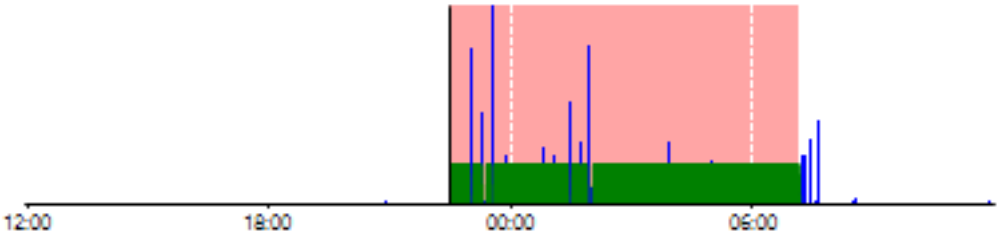
2023-08-17



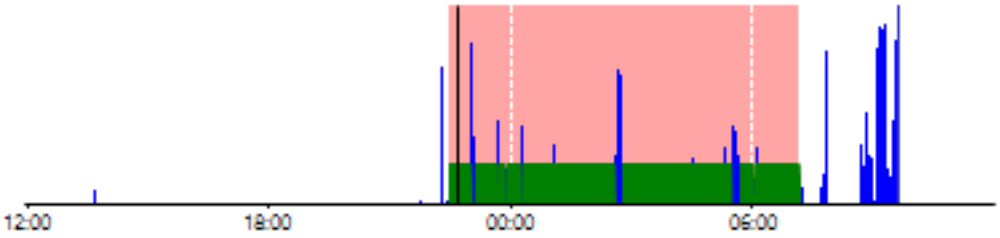
2023-08-18



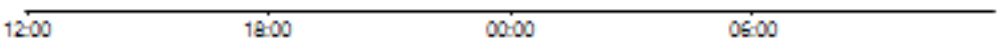
2023-08-19



2023-08-20



2023-08-21



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)
2023-08-14 22:40	2023-08-15 06:48	0	90.37%	488	441	47	29	1.62
2023-08-15 22:30	2023-08-16 06:48	0	88.96%	498	443	55	26	2.12
2023-08-16 22:30	2023-08-17 07:00	0	87.45%	510	446	64	36	1.78
2023-08-17 22:30	2023-08-18 07:00	0	86.27%	510	440	70	27	2.59
2023-08-18 22:30	2023-08-19 06:48	0	86.75%	498	432	66	32	2.06
2023-08-19 22:30	2023-08-20 07:10	0	87.31%	520	454	66	29	2.28
2023-08-20 22:30	2023-08-21 07:10	0	84.42%	520	439	81	27	3
22:31	**06:57**	**0**	**87.36%**	**506.29**	**442.14**	**64.14**	**29.43**	**2.18**

ActiGraph Sleep Report

Name: GYL

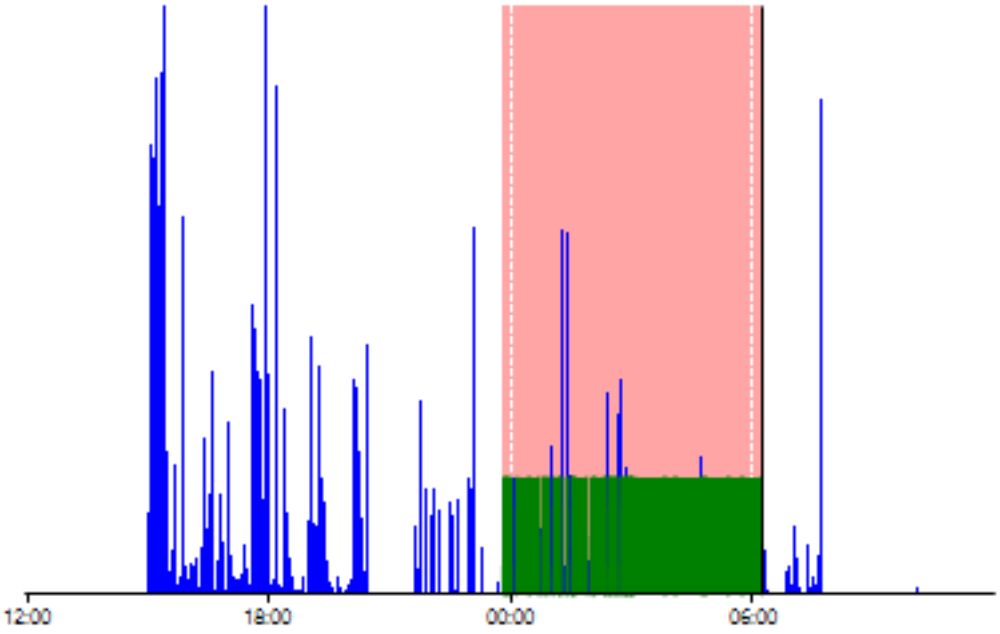
Data Start: 2023-12-14 15:00:00

Data End: 2023-12-16 13:59:00

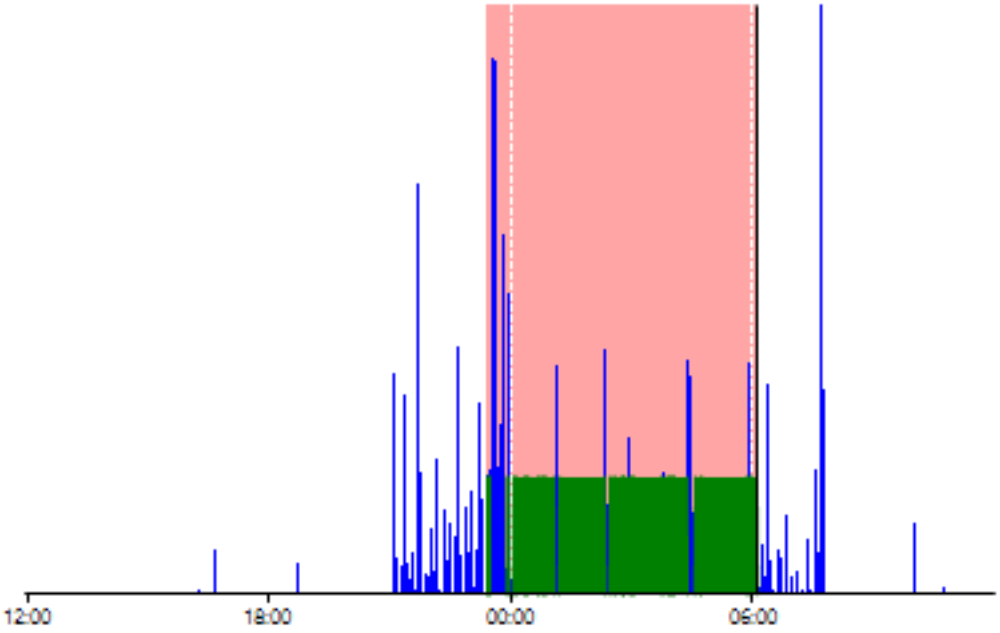
Weight: 66 kg

Device Serial: MOS2E11230108

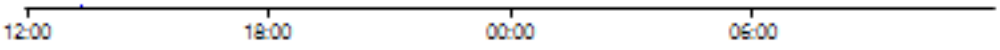
2023-12-14



2023-12-15



2023-12-16



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)
2023-12-14 23:49	2023-12-15 06:13	0	77.6%	384	298	86	31	2.77
2023-12-15 23:26	2023-12-16 06:07	0	78.05%	401	313	88	24	3.67
23:37	**06:10**	**0**	**77.83%**	**392.5**	**305.5**	**87**	**27.5**	**3.16**

ActiGraph Sleep Report

Name: GYL

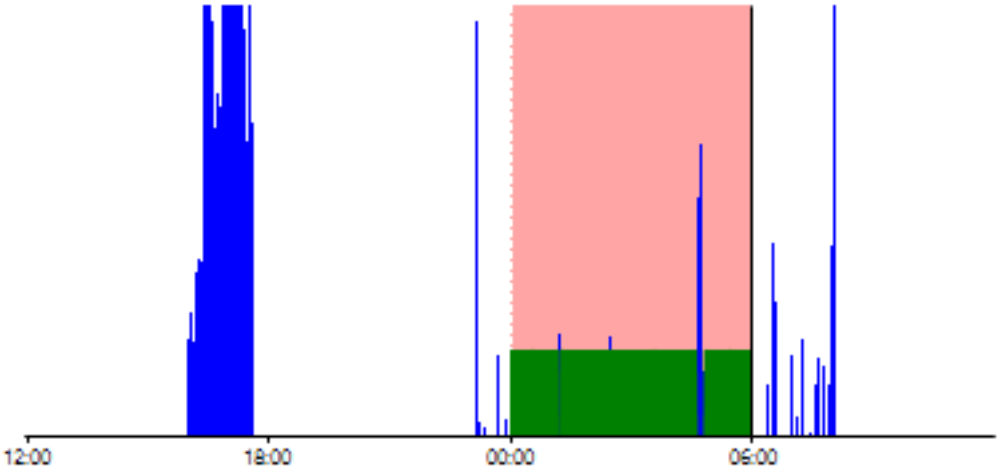
Data Start: 2023-11-29 16:00:00

Data End: 2023-12-02 14:41:00

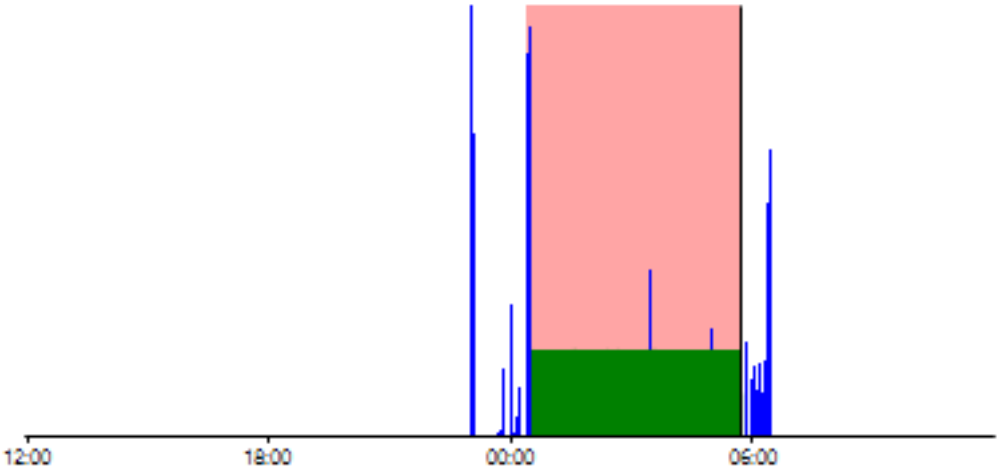
Weight: 51 kg

Device Serial: MOS2E11230108

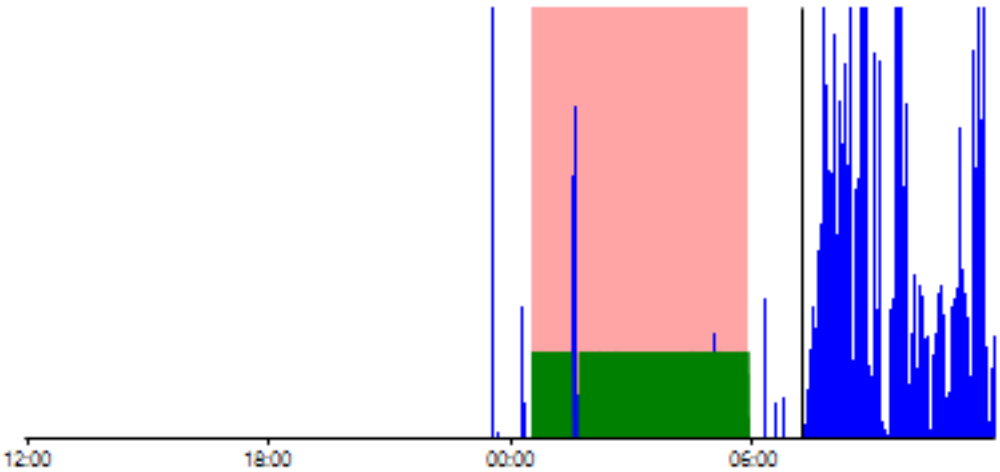
2023-11-29



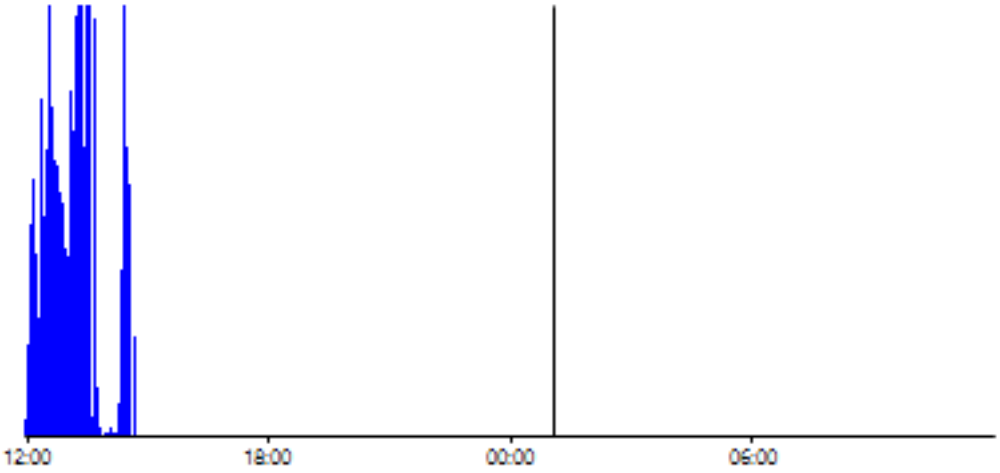
2023-11-30



2023-12-01



2023-12-02



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)
2023-11-30 00:02	2023-11-30 05:58	0	93.82%	356	334	22	7	3.14
2023-12-01 00:25	2023-12-01 05:43	8	91.82%	318	292	18	9	2
2023-12-02 00:34	2023-12-02 05:54	0	94.38%	320	302	18	6	3
00:20	**05:51**	**2.67**	**93.34%**	**331.33**	**309.33**	**19.33**	**7.33**	**2.64**

ActiGraph Sleep Report

Name: YWH

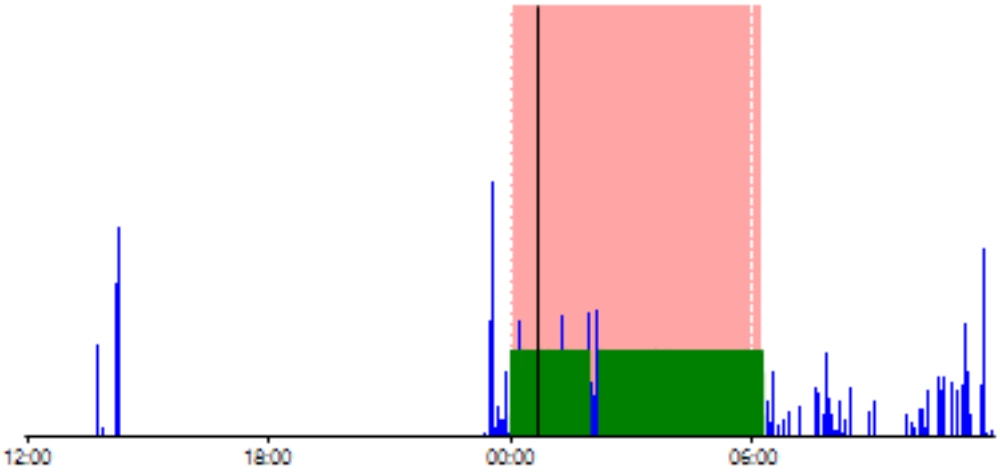
Data Start: 2024-01-15 12:00:00

Data End: 2024-01-18 08:21:00

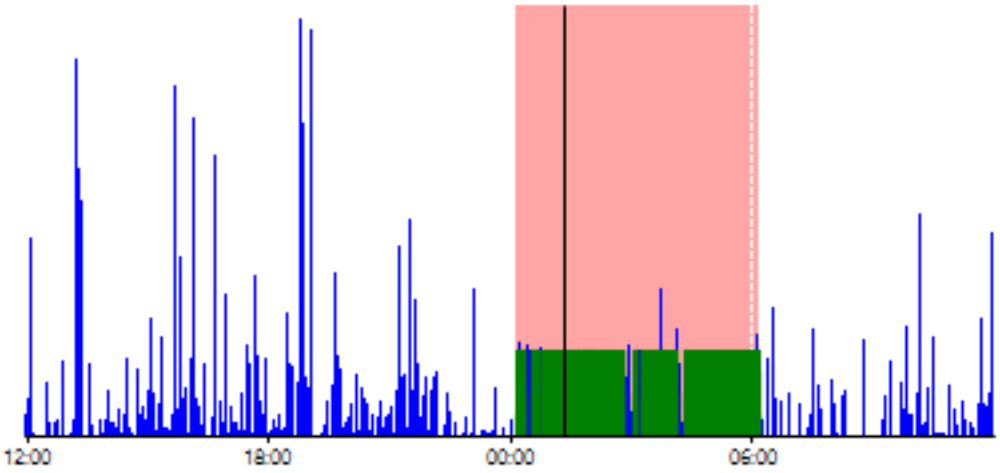
Weight: 57 kg

Device Serial: MOS2E12200541

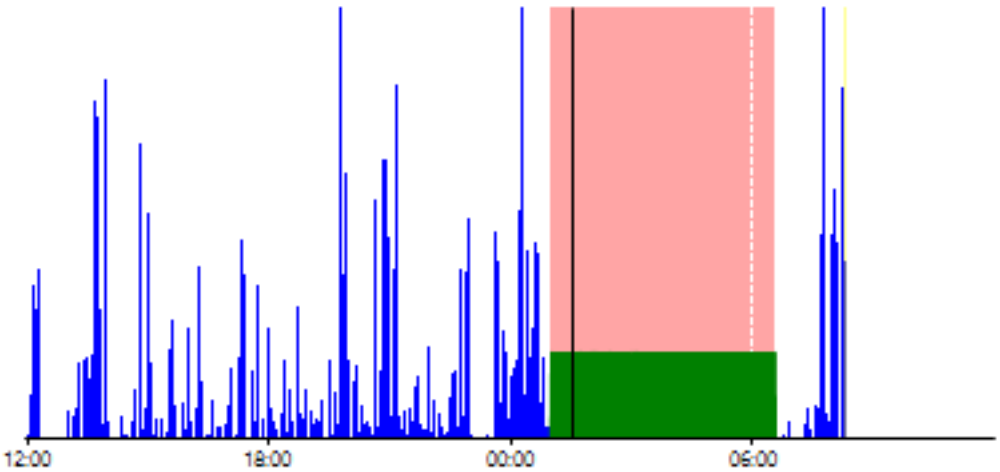
2024-01-15



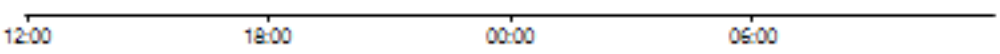
2024-01-16



2024-01-17



2024-01-18



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)
2024-01-16 00:01	2024-01-16 06:15	0	92.25%	374	345	29	12	2.42
2024-01-17 00:09	2024-01-17 06:11	0	81.22%	362	294	68	19	3.58
2024-01-18 01:00	2024-01-18 06:34	0	97.9%	334	327	7	6	1.17
00:23	**06:20**	**0**	**90.46%**	**356.67**	**322**	**34.67**	**12.33**	**2.81**

ActiGraph Sleep Report

Name: YWH

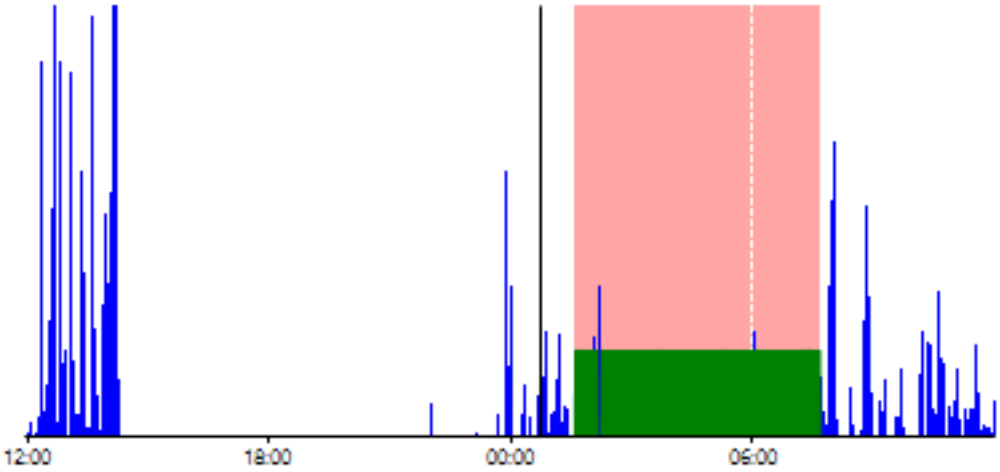
Data Start: 2023-12-29 10:00:00

Data End: 2024-01-01 13:59:00

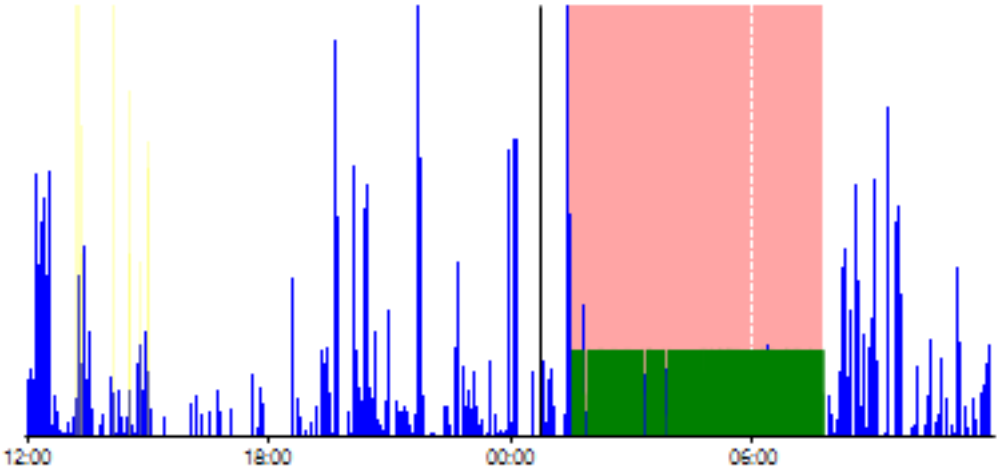
Weight: 65 kg

Device Serial: MOS2E11230108

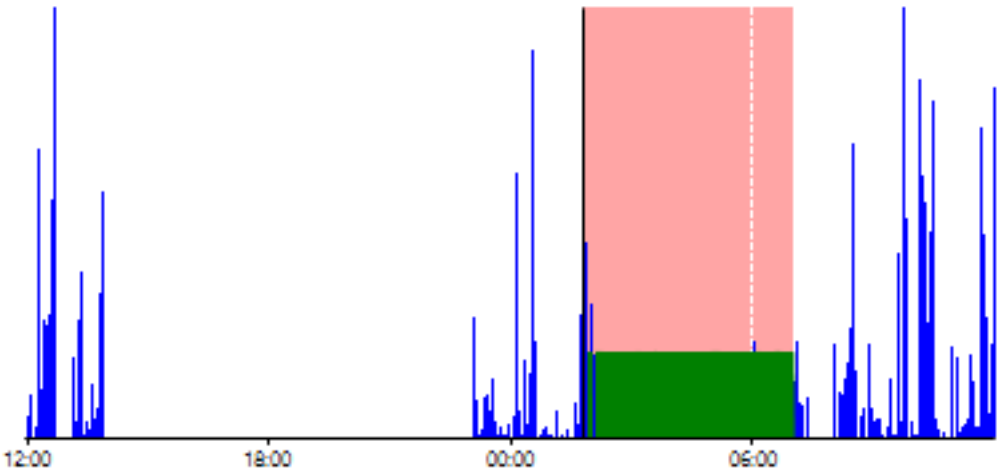
2023-12-29



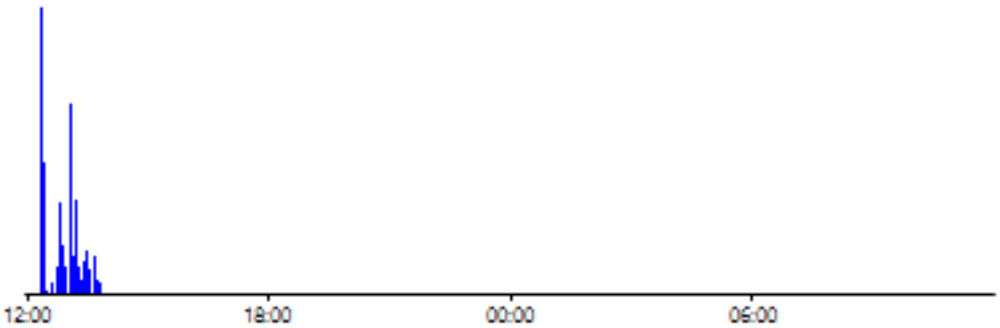
2023-12-30



2023-12-31



2024-01-01



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)
2023-12-30 01:36	2023-12-30 07:40	0	92.03%	364	335	29	18	1.61
2023-12-31 01:30	2023-12-31 07:45	3	85.87%	375	322	50	26	1.92
2024-01-01 01:50	2024-01-01 07:00	7	90.97%	310	282	21	13	1.62
01:38	**07:28**	**3.33**	**89.62%**	**349.67**	**313**	**33.33**	**19**	**1.75**

ActiGraph Sleep Report

Name: LZH

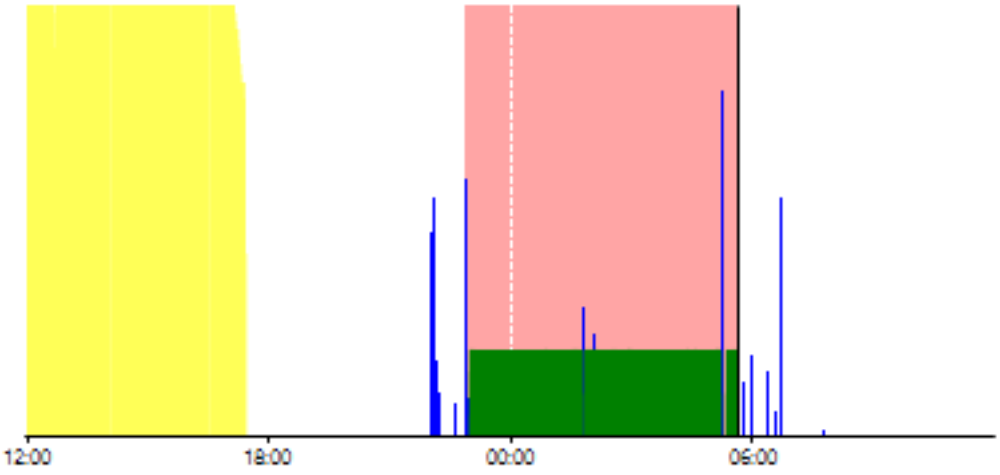
Data Start: 2025-04-08 10:00:00

Data End: 2025-04-11 08:17:00

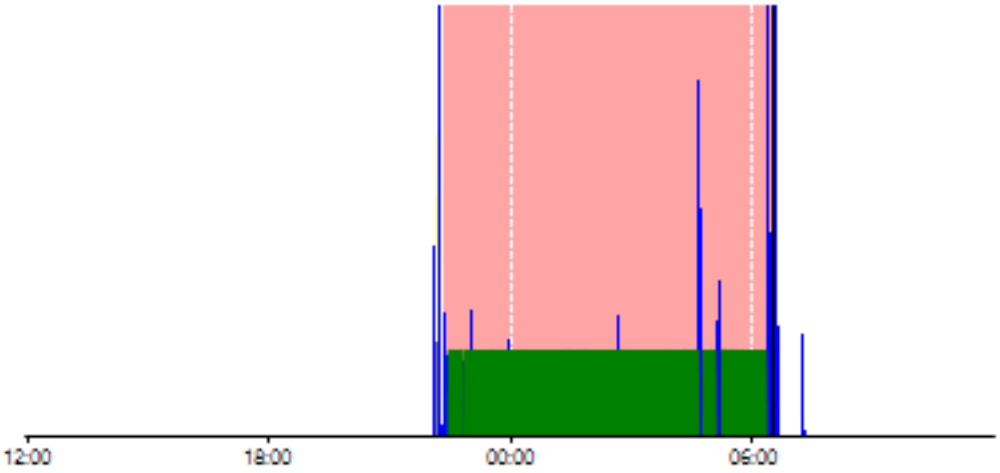
Weight: 55 kg

Device Serial: MOS2E11230108

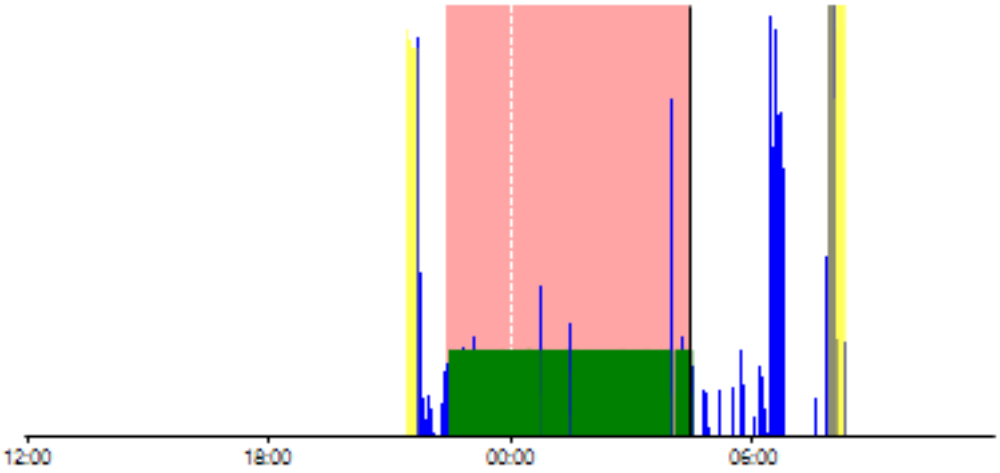
2025-04-08



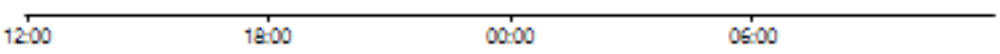
2025-04-09



2025-04-10



2025-04-11



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)
2025-04-08 22:54	2025-04-09 05:37	6	89.83%	403	362	35	19	1.84
2025-04-09 22:22	2025-04-10 06:30	6	86.3%	489	422	61	26	2.35
2025-04-10 22:26	2025-04-11 04:29	4	87.33%	363	317	42	21	2
22:34	**05:32**	**5.33**	**87.82%**	**418.33**	**367**	**46**	**22**	**2.09**

ActiGraph Sleep Report

Name: LZH

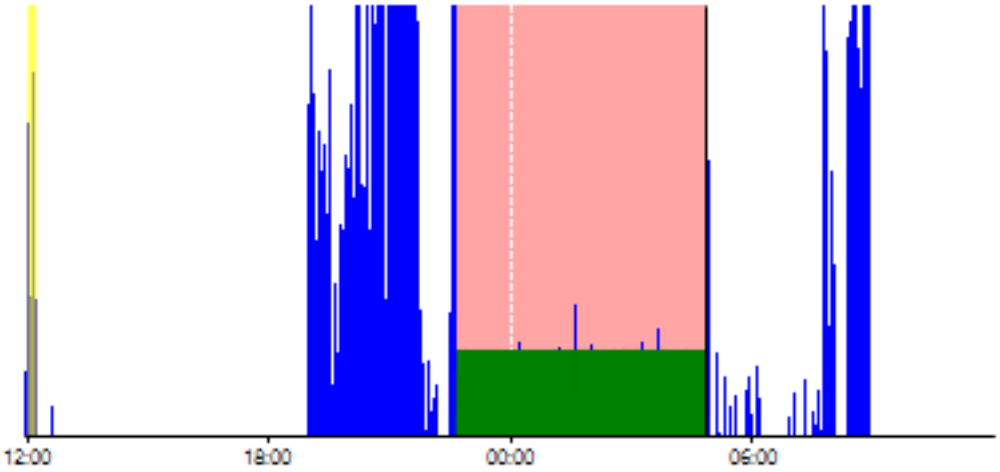
Data Start: 2025-03-10 09:00:00

Data End: 2025-03-13 08:46:00

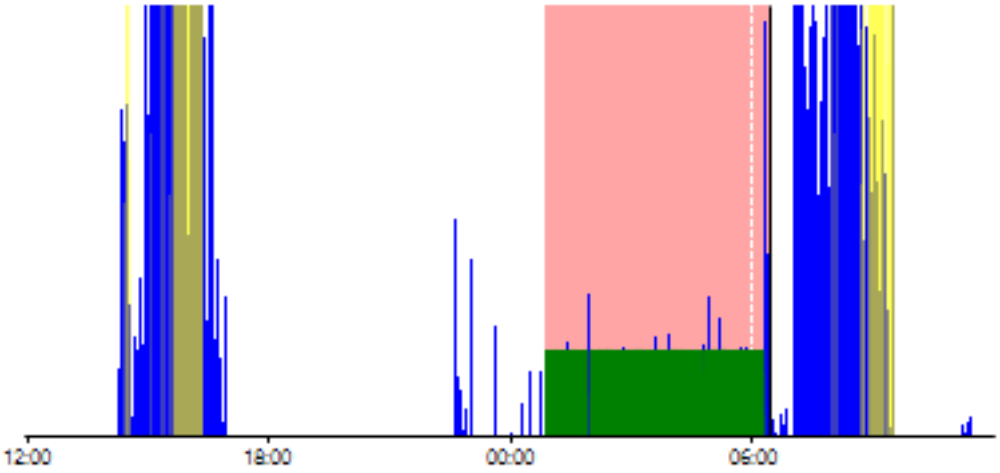
Weight: 66 kg

Device Serial: MOS2E11230108

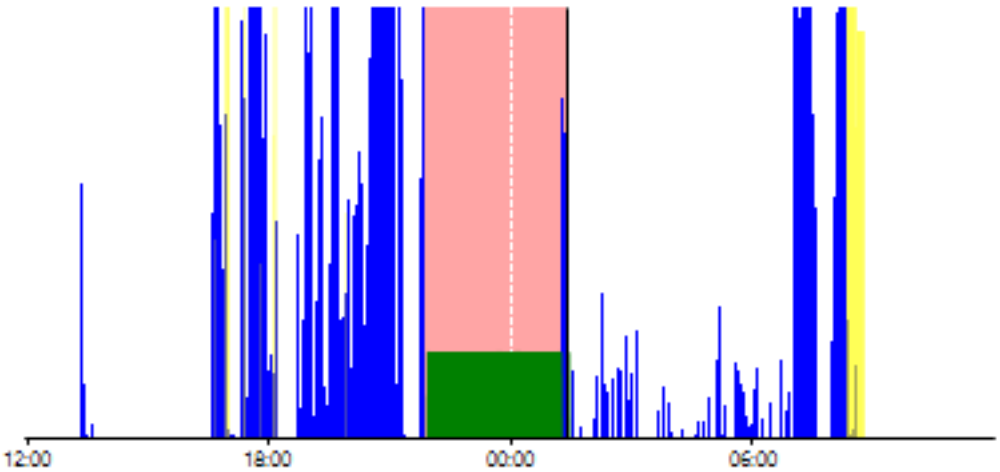
2025-03-10



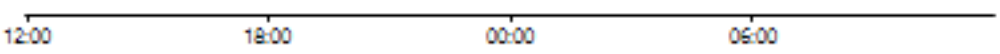
2025-03-11



2025-03-12



2025-03-13



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)
2025-03-10 22:38	2025-03-11 04:51	3	92.49%	373	345	25	21	1.19
2025-03-12 00:53	2025-03-12 06:28	1	84.48%	335	283	51	29	1.76
2025-03-12 21:49	2025-03-13 01:26	8	89.86%	217	195	14	4	3.5
23:06	**04:15**	**4**	**88.94%**	**308.33**	**274.33**	**30**	**18**	**1.67**

ActiGraph Sleep Report

Name: CH

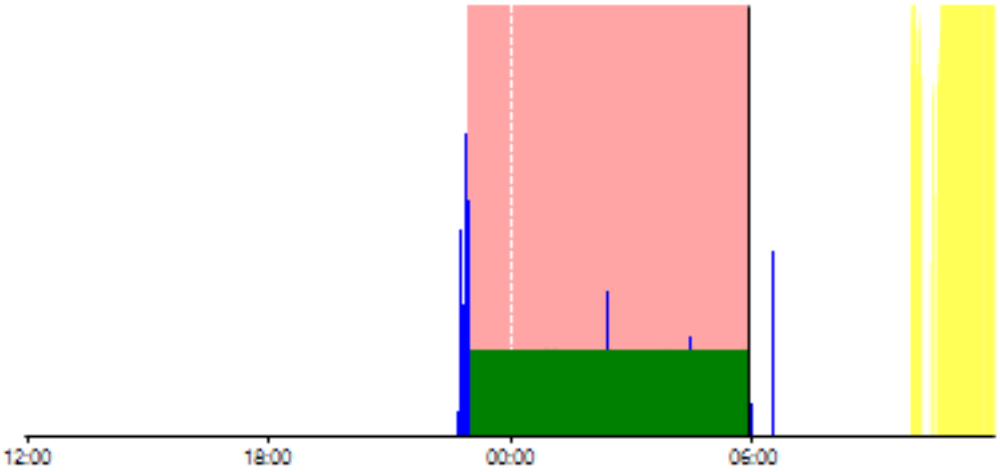
Data Start: 2025-03-31 10:00:00

Data End: 2025-04-03 09:22:00

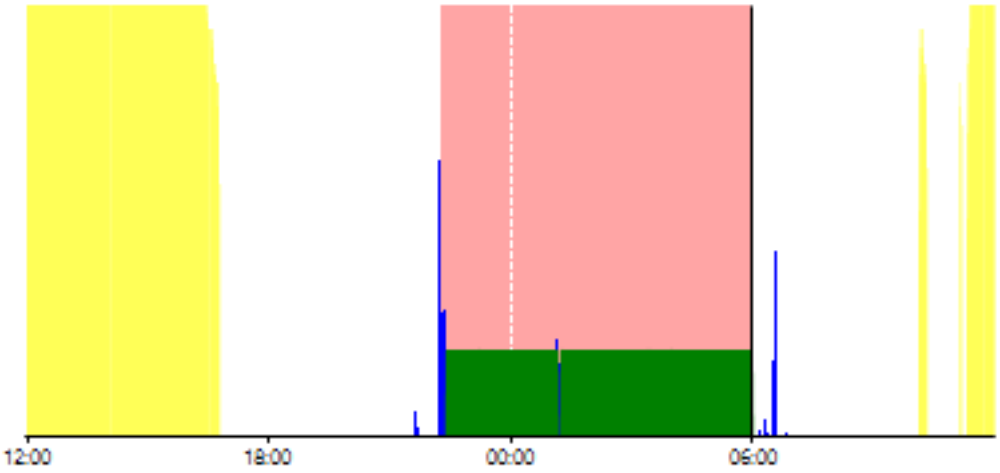
Weight: 45 kg

Device Serial: MOS2E36190132

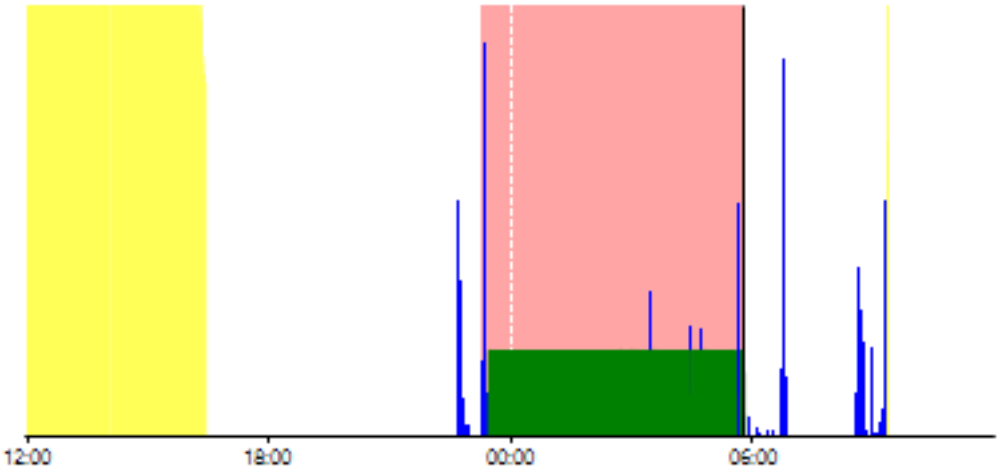
2025-03-31



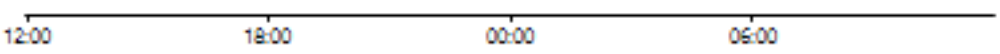
2025-04-01



2025-04-02



2025-04-03



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)
2025-03-31 22:58	2025-04-01 05:53	4	96.14%	415	399	12	10	1.2
2025-04-01 22:17	2025-04-02 05:59	8	96.32%	462	445	9	4	2.25
2025-04-02 23:19	2025-04-03 05:47	9	91.24%	388	354	25	10	2.5
22:51	**05:53**	**7**	**94.57%**	**421.67**	**399.33**	**15.33**	**8**	**1.92**

ActiGraph Sleep Report

Name: CH

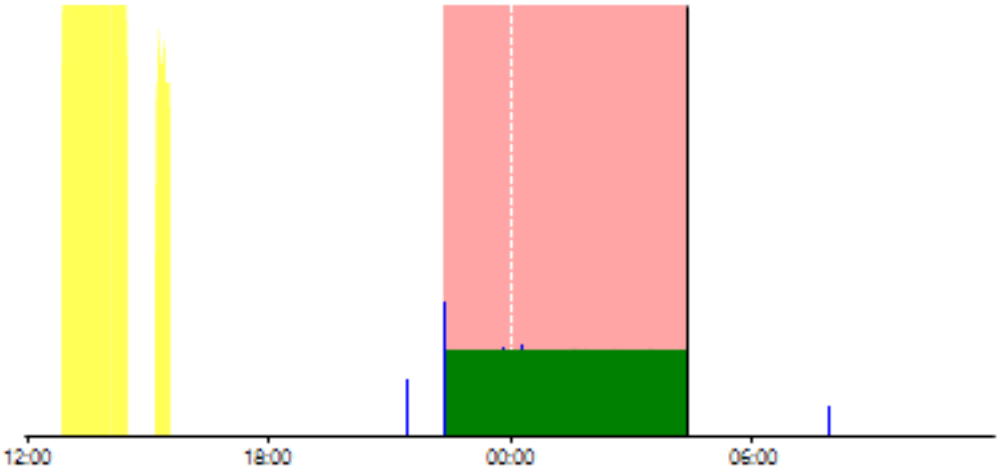
Data Start: 2025-03-13 09:00:00

Data End: 2025-03-16 09:59:00

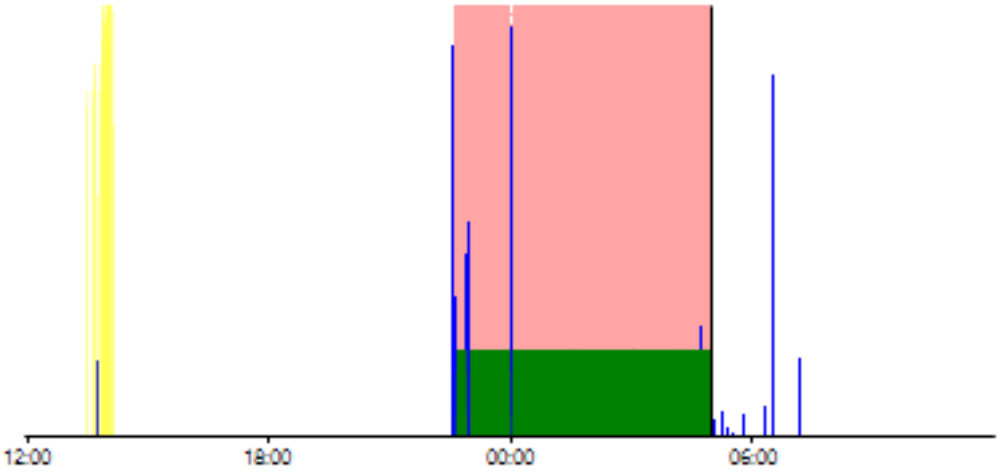
Weight: 45 kg

Device Serial: MOS2E11230108

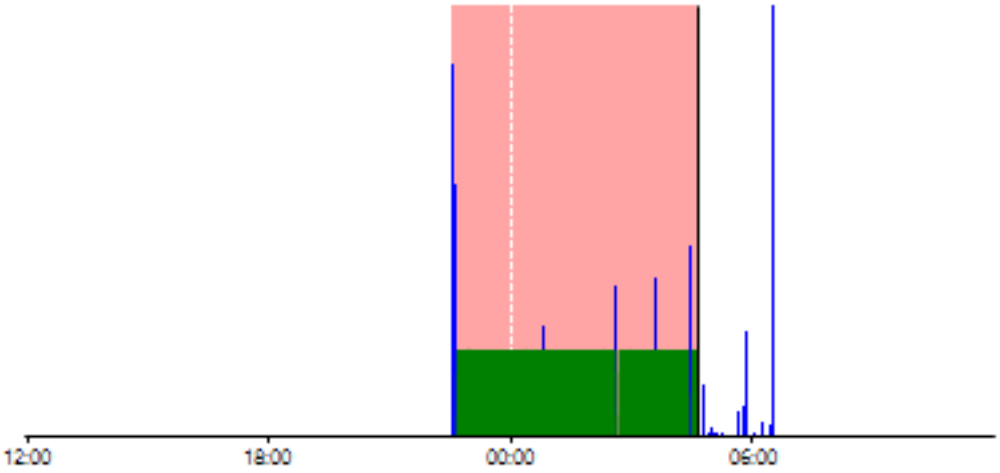
2025-03-13



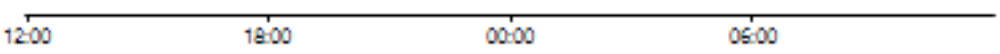
2025-03-14



2025-03-15



2025-03-16



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)
2025-03-13 22:20	2025-03-14 04:23	7	94.21%	363	342	14	10	1.4
2025-03-14 22:38	2025-03-15 04:58	3	92.63%	380	352	25	10	2.5
2025-03-15 22:34	2025-03-16 04:37	7	90.91%	363	330	26	12	2.17
22:30	**04:39**	**5.67**	**92.59%**	**368.67**	**341.33**	**21.67**	**10.67**	**2.03**

ActiGraph Sleep Report

Name: LSB

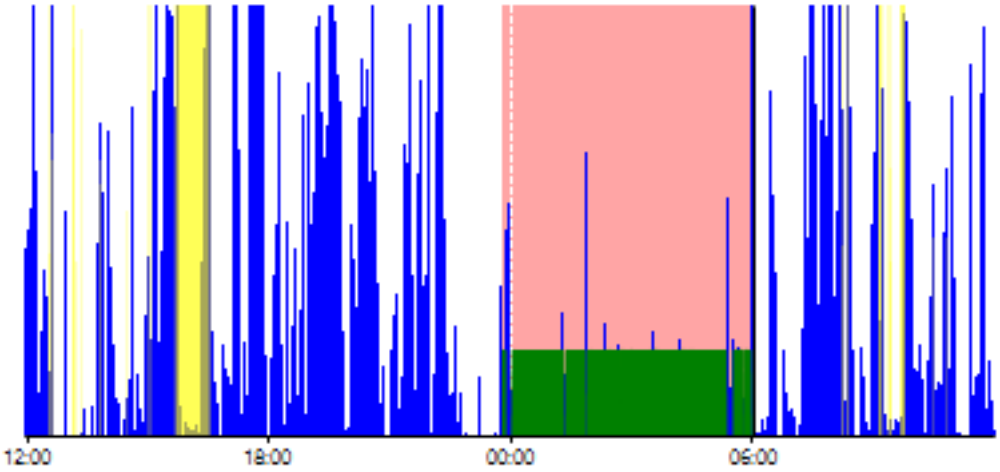
Data Start: 2025-04-08 10:00:00

Data End: 2025-04-11 08:32:00

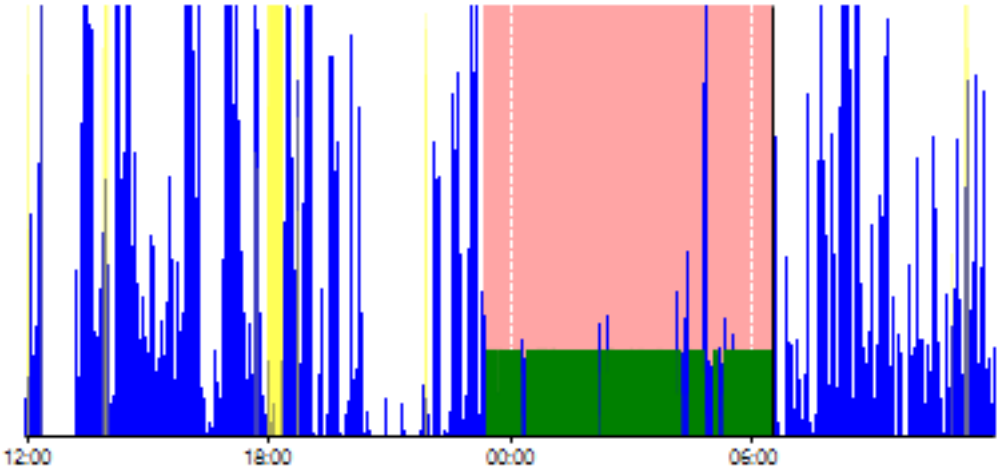
Weight: 62 kg

Device Serial: MOS2E36190132

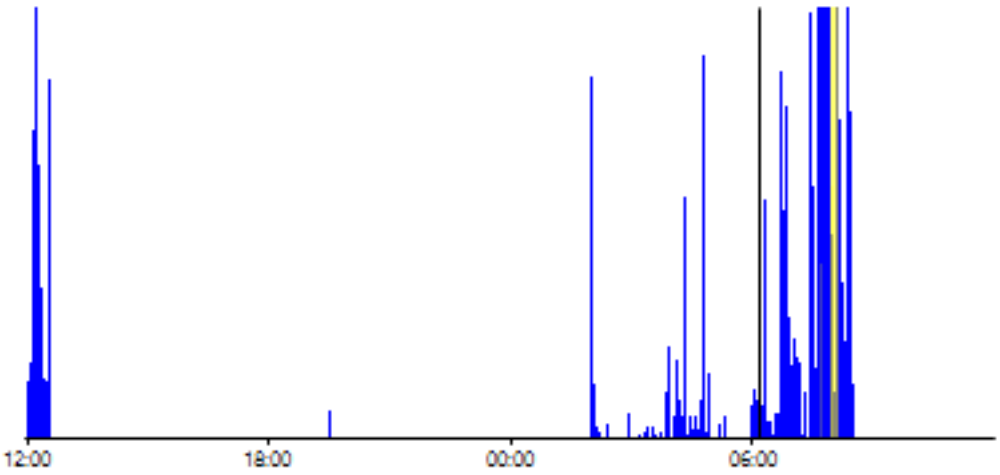
2025-04-08



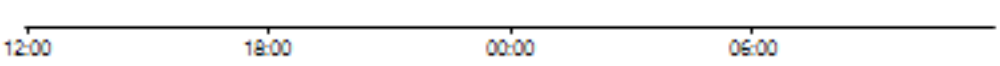
2025-04-09



2025-04-10



2025-04-11



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)
2025-04-08 23:49	2025-04-09 06:01	1	80.65%	372	300	71	25	2.84
2025-04-09 23:23	2025-04-10 06:32	3	77.86%	429	334	92	26	3.54
23:36	**06:16**	**2**	**79.25%**	**400.5**	**317**	**81.5**	**25.5**	**3.2**

ActiGraph Sleep Report

Name: LSB

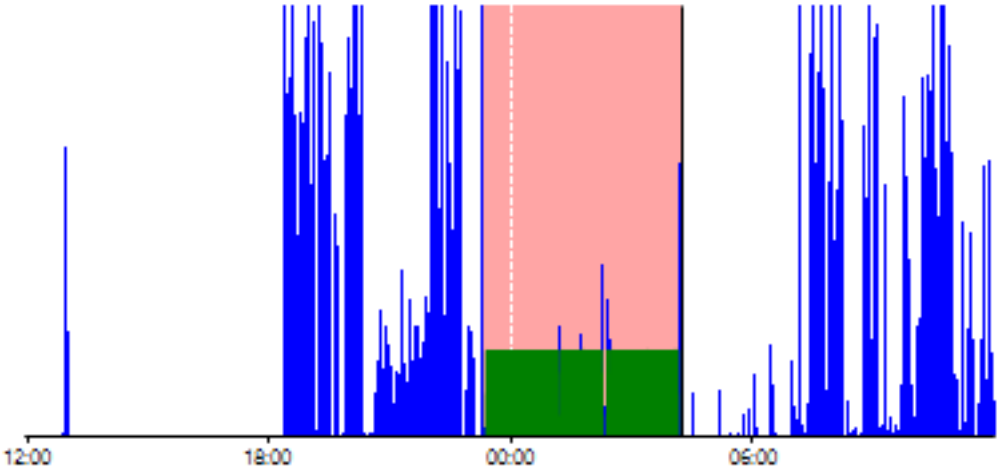
Data Start: 2025-03-20 10:00:00

Data End: 2025-03-23 09:59:00

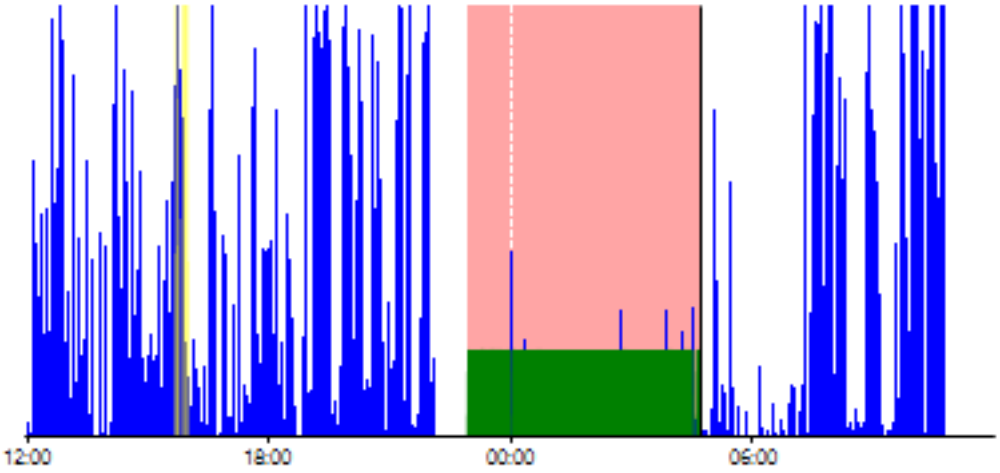
Weight: 62 kg

Device Serial: MOS2E11230658

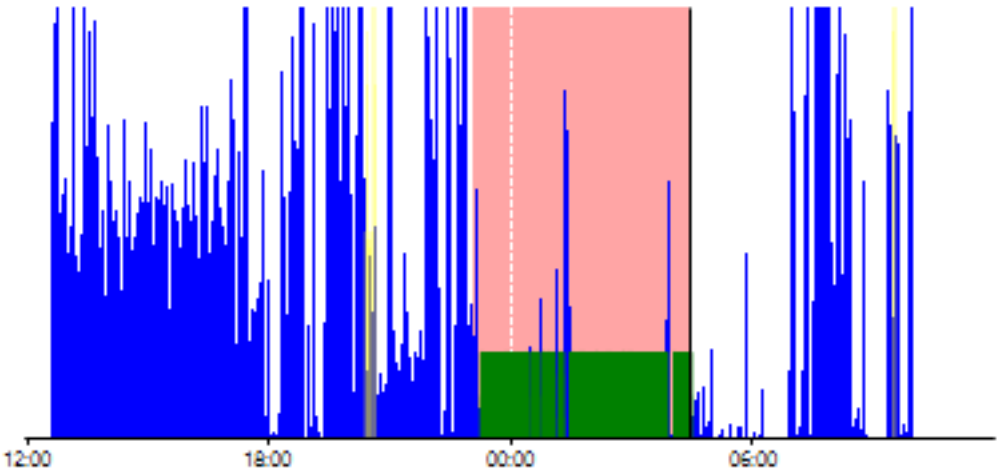
2025-03-20



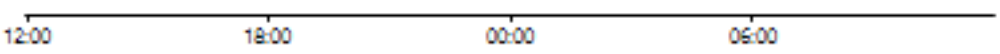
2025-03-21



2025-03-22



2025-03-23



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)
2025-03-20 23:17	2025-03-21 04:17	7	87%	300	261	32	11	2.91
2025-03-21 22:56	2025-03-22 04:41	1	91.01%	345	314	30	18	1.67
2025-03-22 23:05	2025-03-23 04:29	11	81.17%	324	263	50	17	2.94
23:06	**04:29**	**6.33**	**86.4%**	**323**	**279.33**	**37.33**	**15.33**	**2.43**

ActiGraph Sleep Report

Name: ZDH

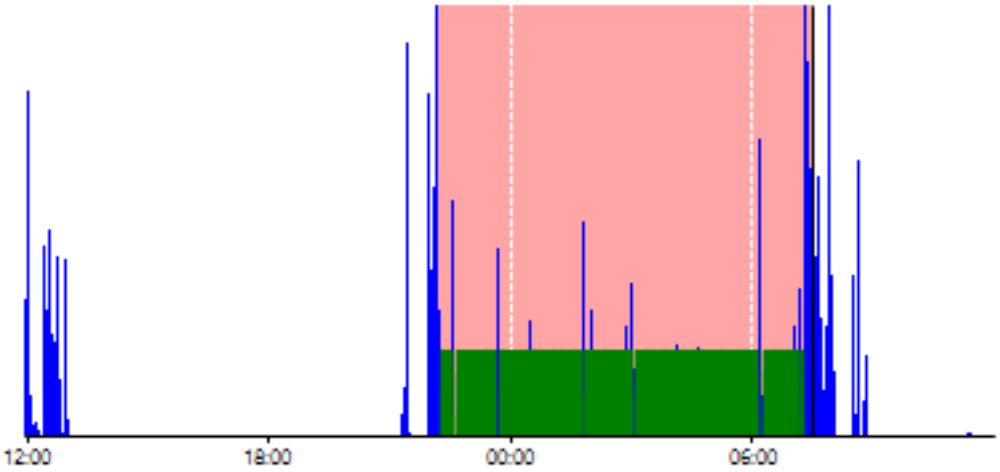
Data Start: 2025-04-25 08:39:00

Data End: 2025-04-28 09:15:00

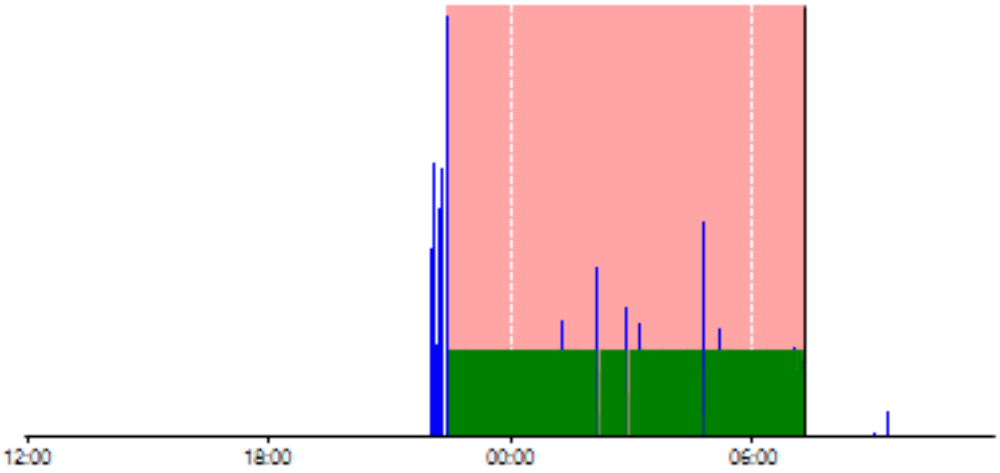
Weight: 63 kg

Device Serial: MOS2E11230658

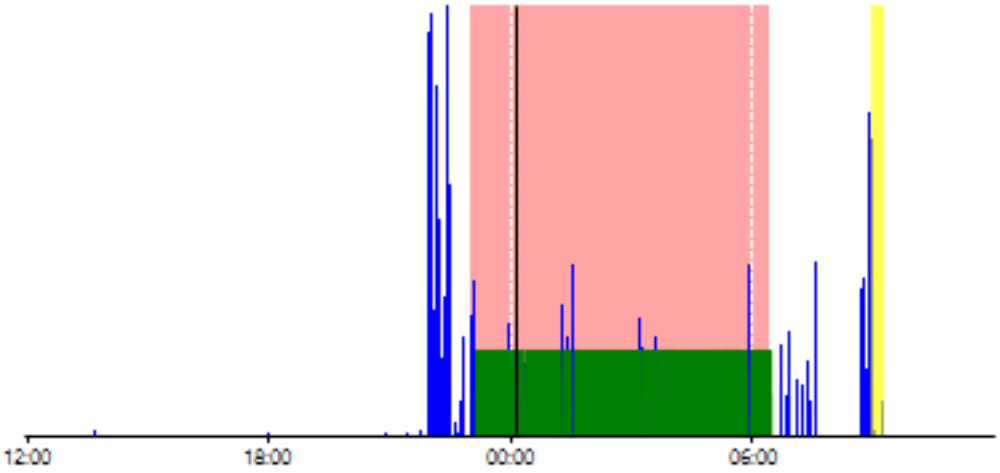
2025-04-25



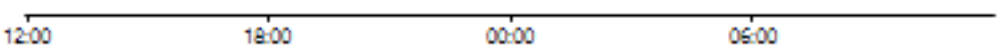
2025-04-26



2025-04-27



2025-04-28



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)
2025-04-25 22:11	2025-04-26 07:29	6	82.8%	558	462	90	38	2.37
2025-04-26 22:26	2025-04-27 07:19	5	87.43%	533	466	62	27	2.3
2025-04-27 23:01	2025-04-28 06:28	8	85.23%	447	381	58	33	1.76
22:32	**07:05**	**6.33**	**85.15%**	**512.67**	**436.33**	**70**	**32.67**	**2.14**

ActiGraph Sleep Report

Name: ZDH

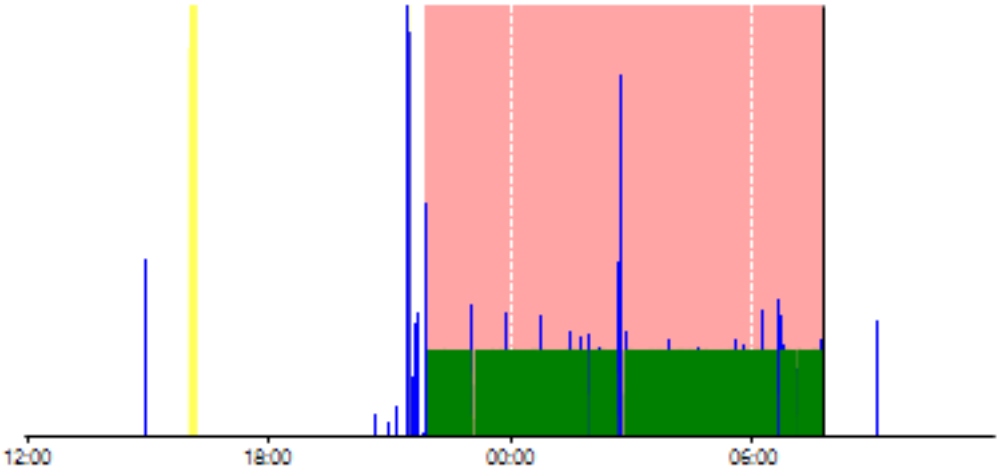
Data Start: 2025-03-24 10:00:00

Data End: 2025-03-27 09:59:00

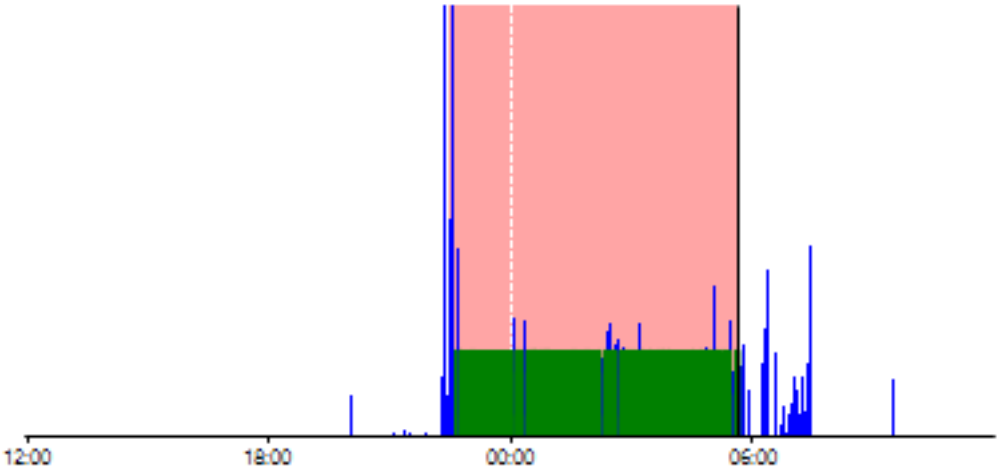
Weight: 62 kg

Device Serial: MOS2E11230108

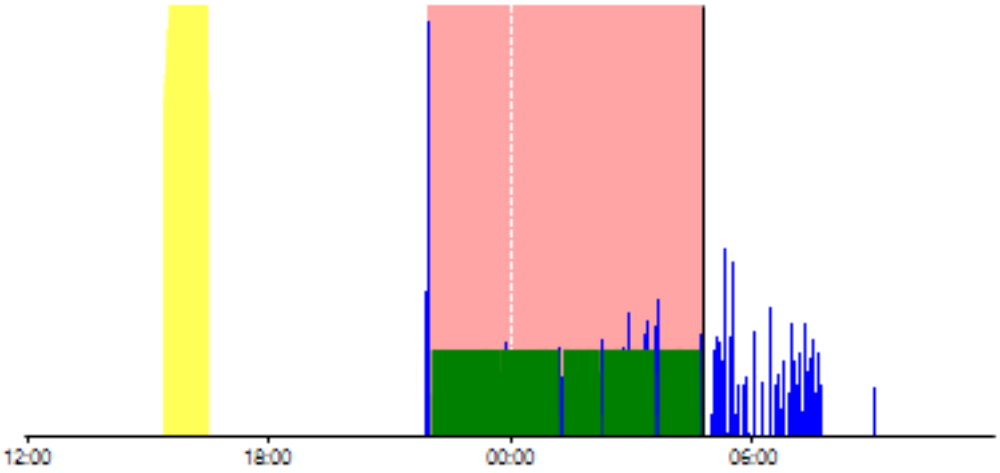
2025-03-24



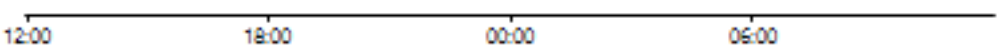
2025-03-25



2025-03-26



2025-03-27



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)
2025-03-24 21:55	2025-03-25 07:44	4	82.17%	589	484	101	55	1.84
2025-03-25 22:30	2025-03-26 05:40	8	78.37%	430	337	85	39	2.18
2025-03-26 21:59	2025-03-27 04:46	5	78.87%	407	321	81	30	2.7
22:08	**06:03**	**5.67**	**79.81%**	**475.33**	**380.67**	**89**	**41.33**	**2.15**

ActiGraph Sleep Report

Name: WXN

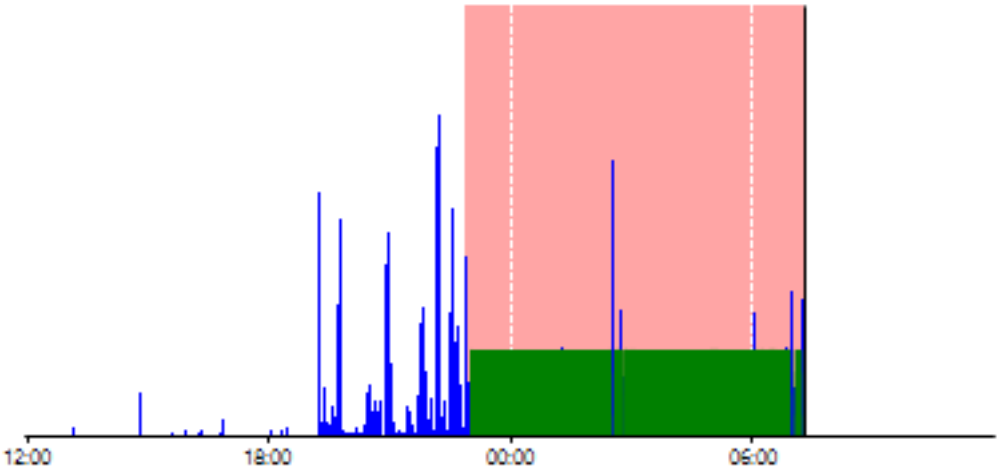
Data Start: 2025-04-28 10:00:00

Data End: 2025-05-01 09:59:00

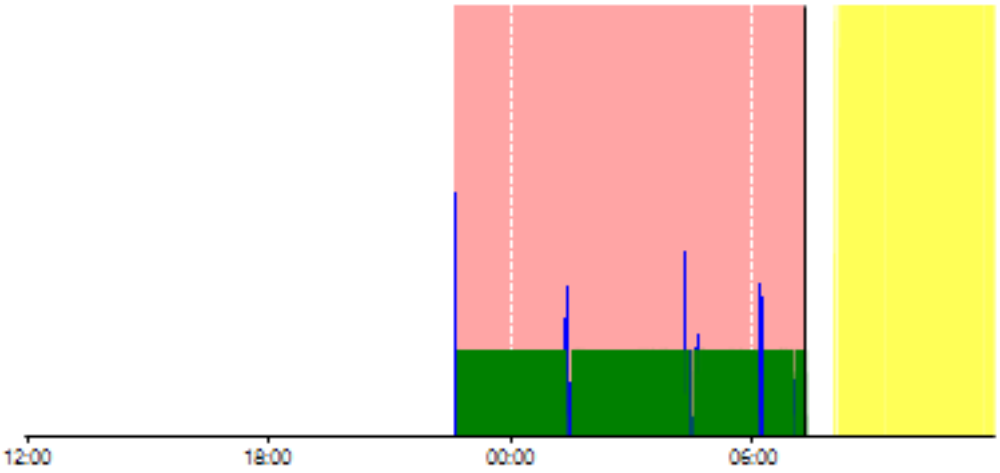
Weight: 40 kg

Device Serial: MOS2E11230658

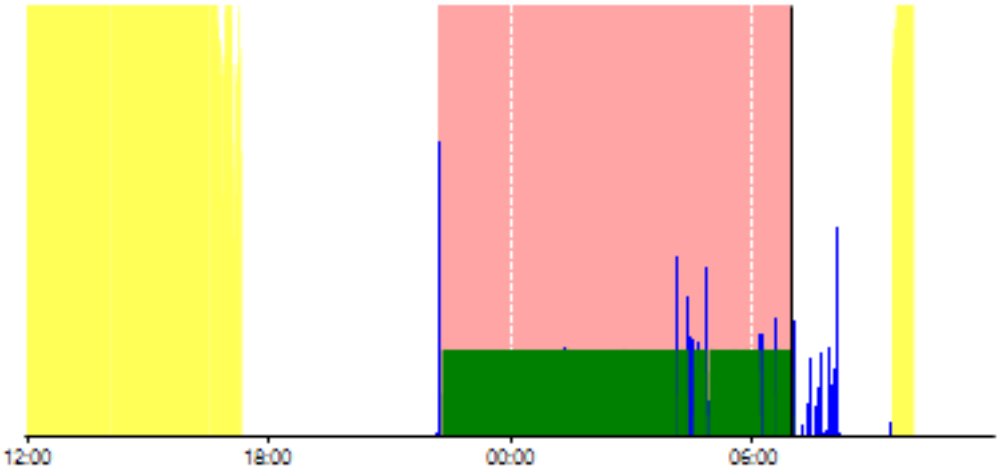
2025-04-28



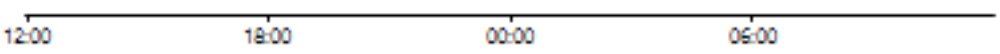
2025-04-29



2025-04-30



2025-05-01



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)
2025-04-28 22:54	2025-04-29 07:17	8	88.67%	503	446	49	19	2.58
2025-04-29 22:36	2025-04-30 07:19	7	85.85%	523	449	67	21	3.19
2025-04-30 22:15	2025-05-01 06:59	5	88.93%	524	466	53	17	3.12
22:35	**07:11**	**6.67**	**87.82%**	**516.67**	**453.67**	**56.33**	**19**	**2.96**

ActiGraph Sleep Report

Name: WXN

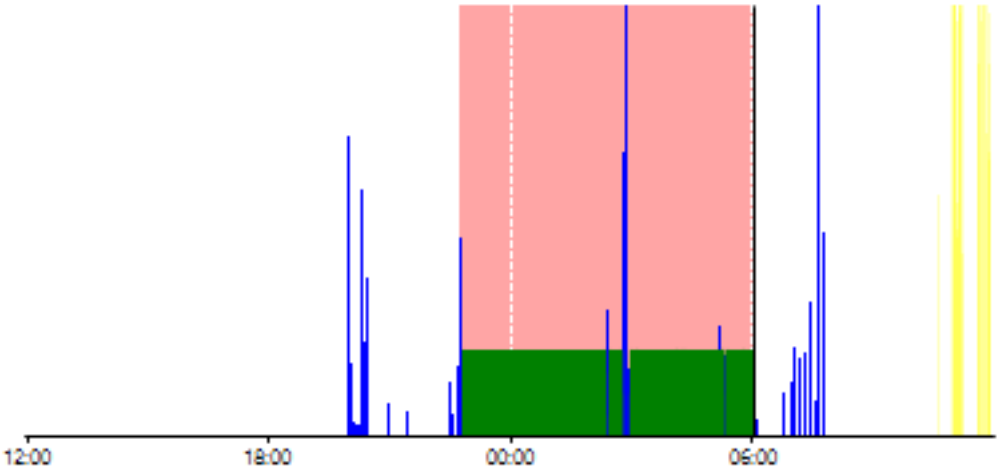
Data Start: 2025-04-14 10:00:00

Data End: 2025-04-17 09:02:00

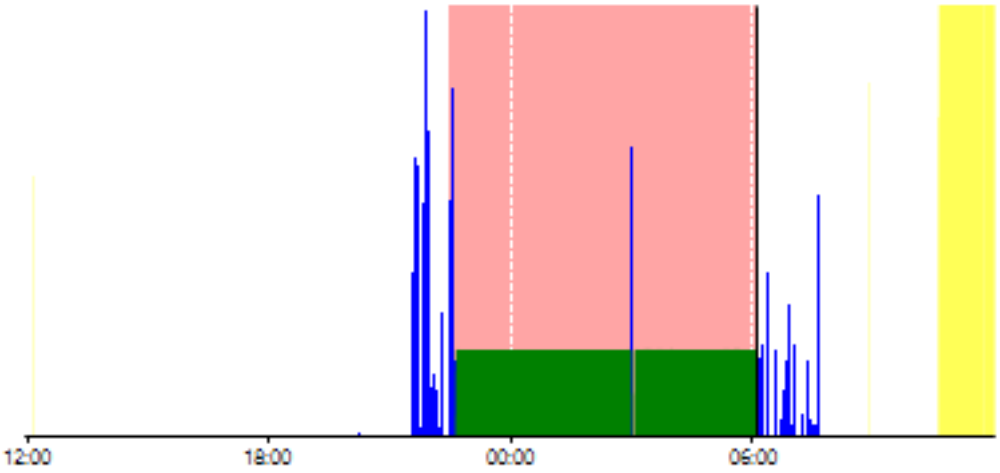
Weight: 40 kg

Device Serial: MOS2E36190132

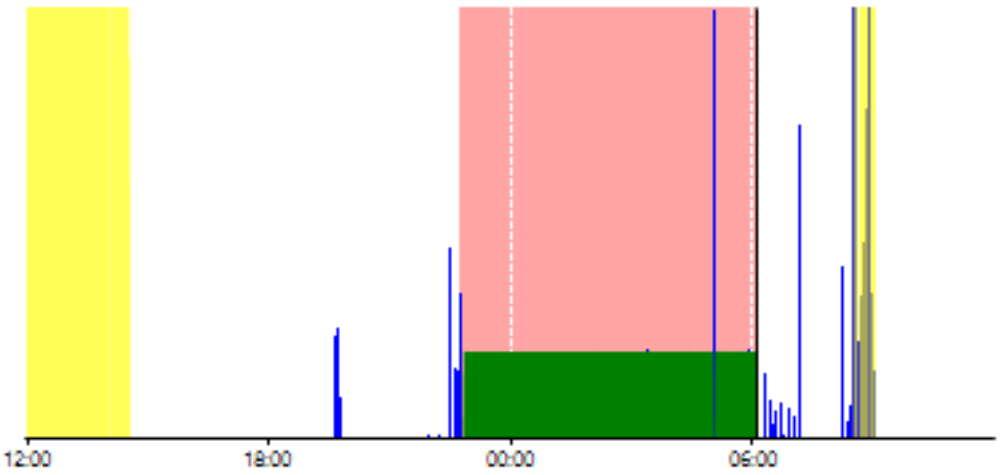
2025-04-14



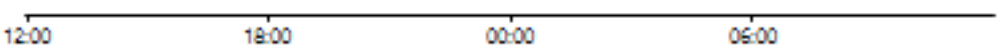
2025-04-15



2025-04-16



2025-04-17



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)
2025-04-14 22:44	2025-04-15 06:01	7	89.47%	437	391	39	9	4.33
2025-04-15 22:30	2025-04-16 06:05	10	94.07%	455	428	17	8	2.13
2025-04-16 22:46	2025-04-17 06:05	6	92.71%	439	407	26	15	1.73
22:40	**06:03**	**7.67**	**92.08%**	**443.67**	**408.67**	**27.33**	**10.67**	**2.56**

ActiGraph Sleep Report

Name: ZTQ

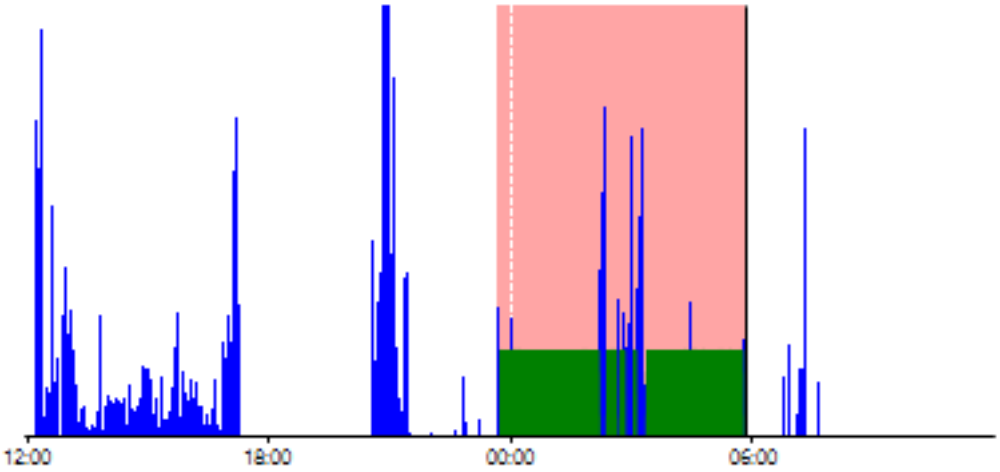
Data Start: 2025-05-27 10:00:00

Data End: 2025-05-30 08:52:00

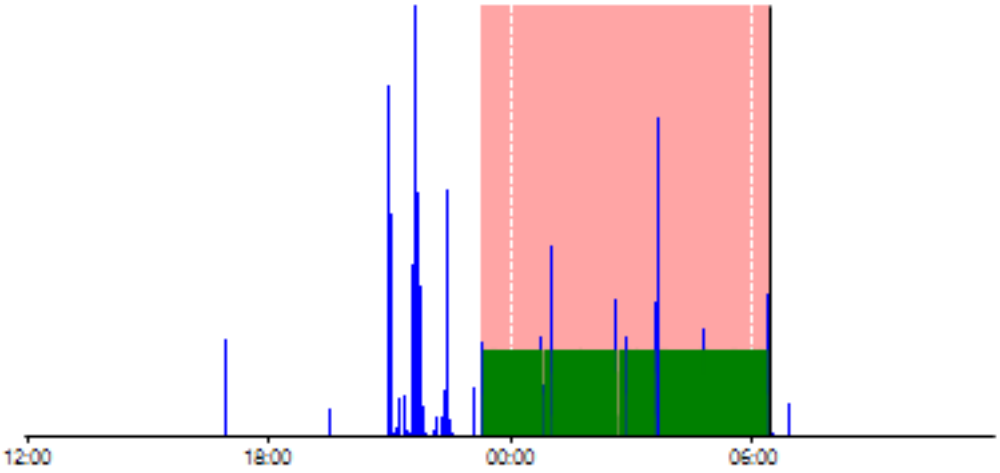
Weight: 55 kg

Device Serial: MOS2E36190132

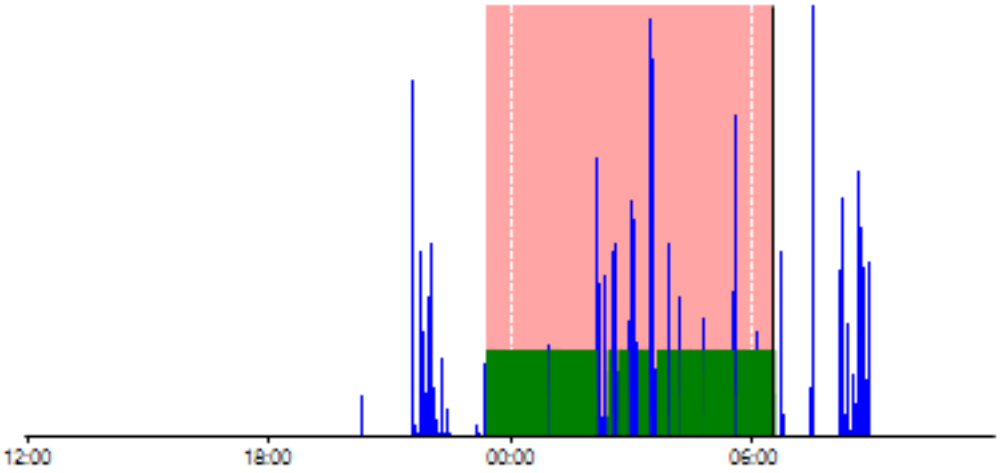
2025-05-27



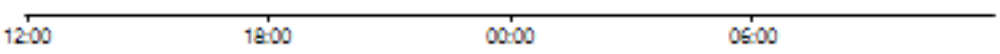
2025-05-28



2025-05-29



2025-05-30



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)
2025-05-27 23:42	2025-05-28 05:49	4	79.02%	367	290	73	20	3.65
2025-05-28 23:19	2025-05-29 06:26	1	87.12%	427	372	54	17	3.18
2025-05-29 23:27	2025-05-30 06:32	0	73.65%	425	313	112	22	5.09
23:29	**06:15**	**1.67**	**79.93%**	**406.33**	**325**	**79.67**	**19.67**	**4.05**

ActiGraph Sleep Report

Name: ZTQ

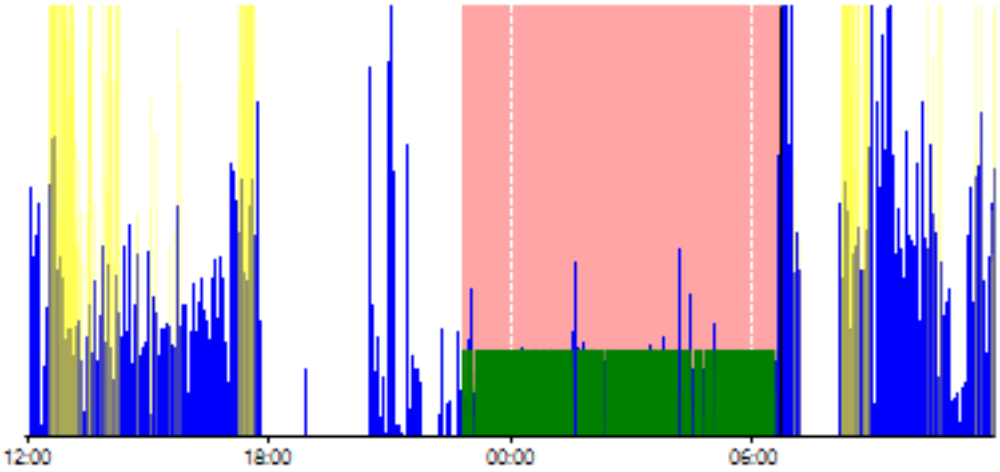
Data Start: 2025-05-07 09:00:00

Data End: 2025-05-10 08:59:00

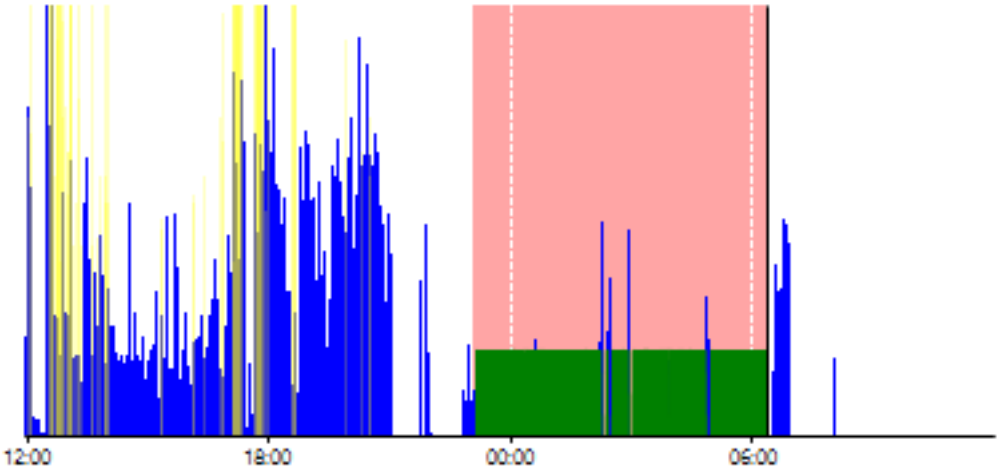
Weight: 55 kg

Device Serial: MOS2E11230658

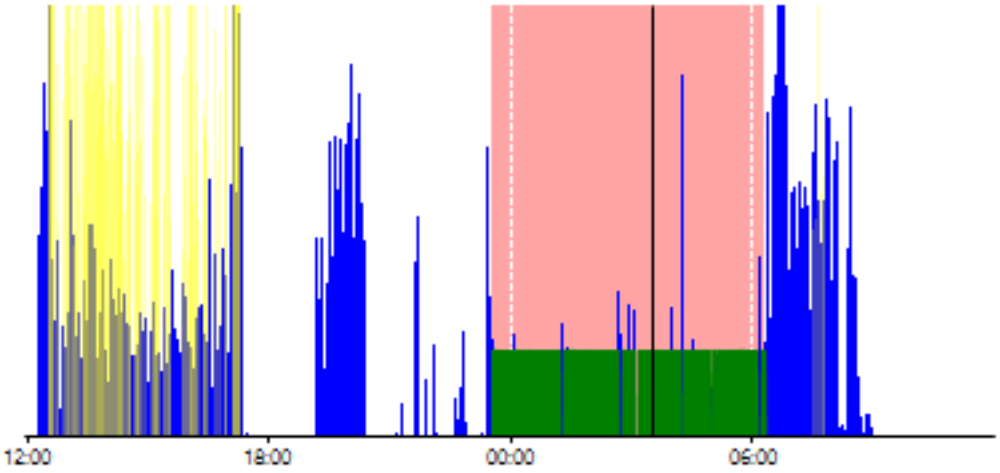
2025-05-07



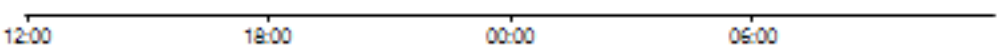
2025-05-08



2025-05-09



2025-05-10



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)
2025-05-07 22:50	2025-05-08 06:42	1	80.51%	472	380	91	30	3.03
2025-05-08 23:07	2025-05-09 06:22	3	85.52%	435	372	60	22	2.73
2025-05-09 23:33	2025-05-10 06:20	2	82.56%	407	336	69	31	2.23
23:10	**06:28**	**2**	**82.86%**	**438**	**362.67**	**73.33**	**27.67**	**2.65**