

ActiGraph Sleep Report

Name: JWZ

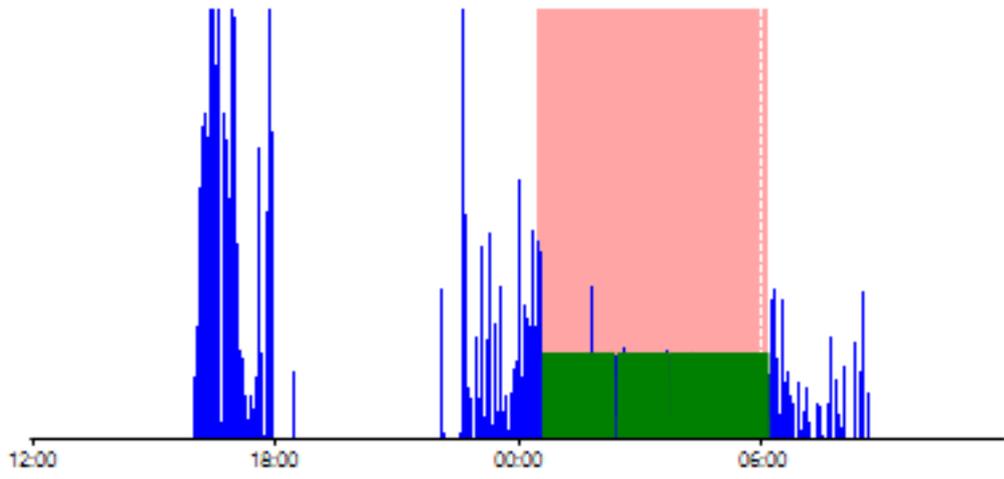
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Data End: 2023-12-15 13:59:00

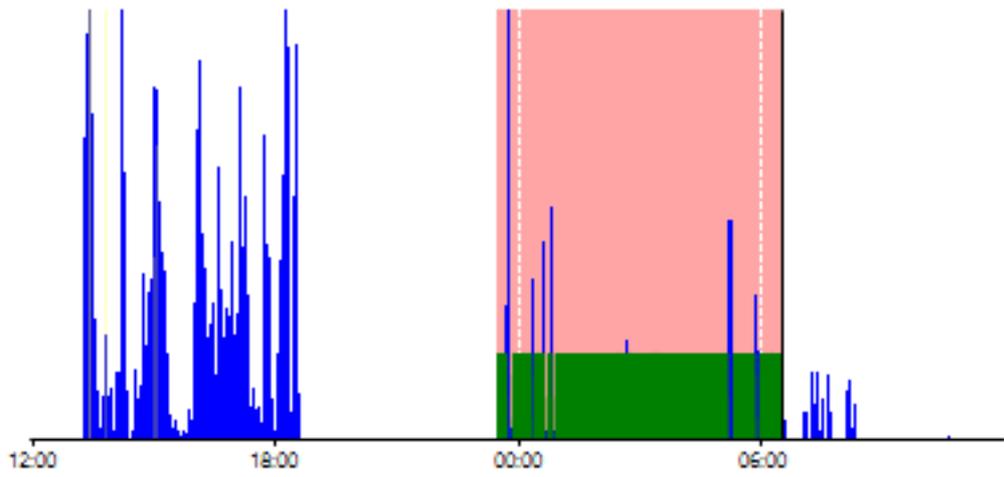
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Device Serial: MOS2E36190124

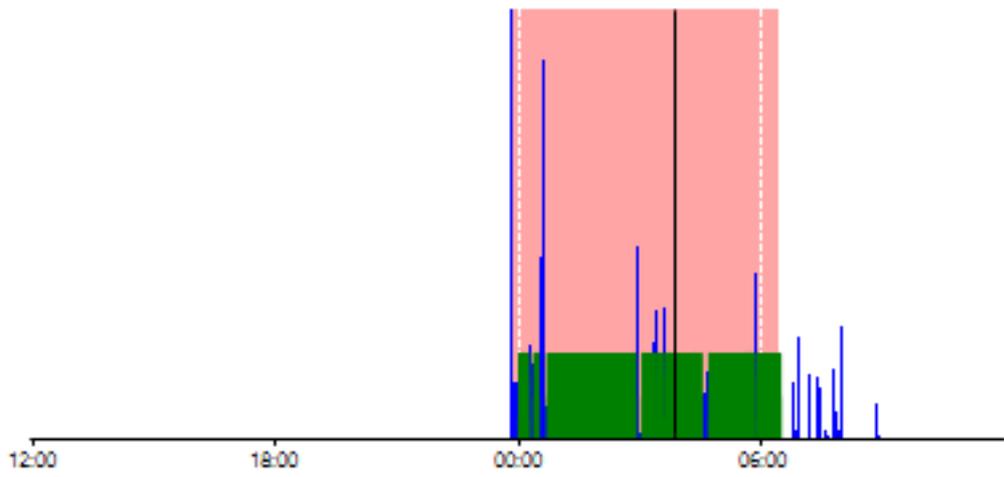
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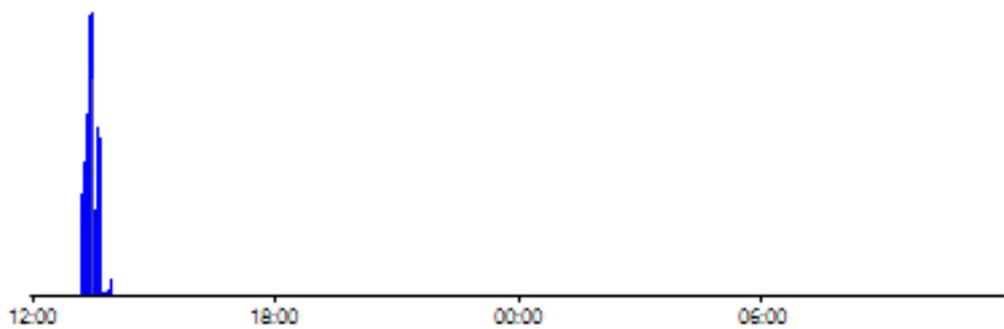
2023-12-13



2023-12-14



2023-12-15



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)
2023-12-13 00:30	2023-12-13 06:10	7	90%	340	306	27	13	2.08
2023-12-13 23:30	2023-12-14 06:30	0	85%	420	357	63	17	3.71
2023-12-14 23:50	2023-12-15 06:27	11	79.85%	397	317	69	19	3.63
23:56	06:22	6	84.95%	385.67	326.67	53	16.33	3.24

ActiGraph Sleep Report

Name: JWZ

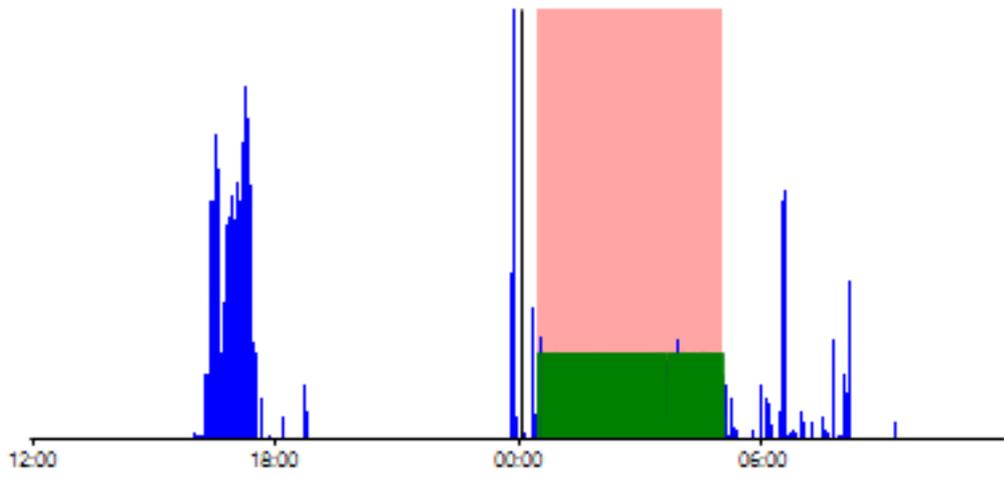
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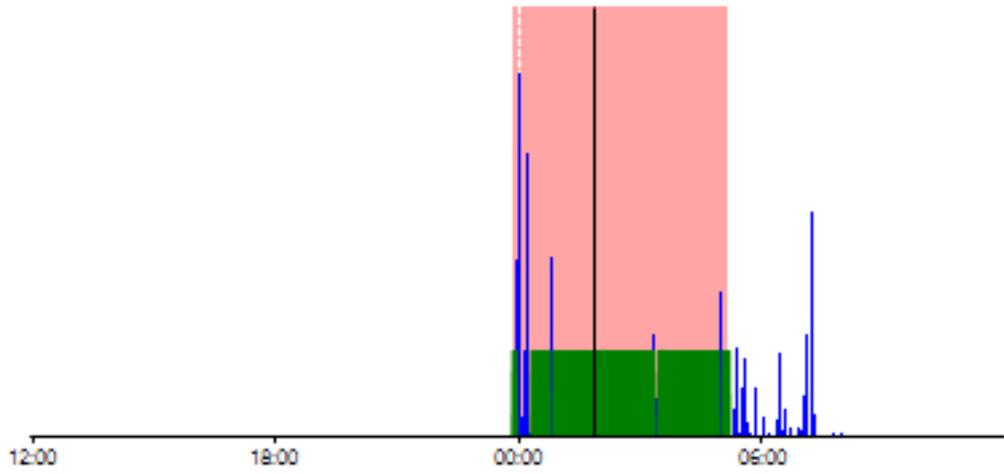
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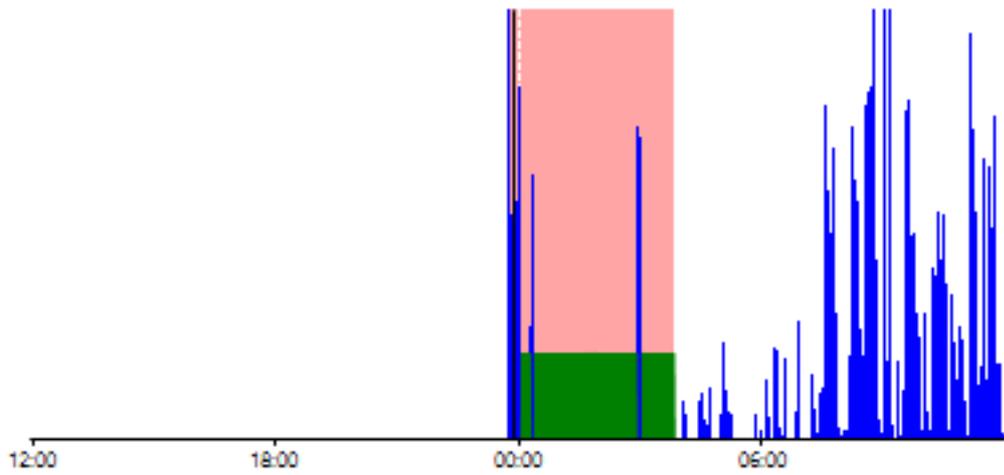
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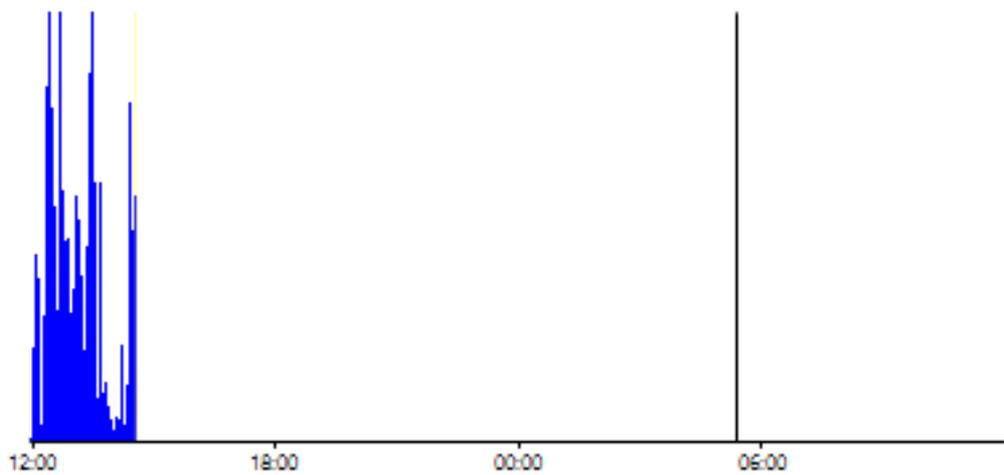
2023-11-30



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 00:30	2023-11-30 05:03	0	86.45%	273	236	37	14	2.64
2023-11-30 23:51	2023-12-01 05:12	0	85.05%	321	273	48	11	4.36
2023-12-01 23:45	2023-12-02 03:50	20	82.45%	245	202	23	6	3.83
00:02	04:41	6.67	84.65%	279.67	237	36	10.33	3.48

ActiGraph Sleep Report

Name: HZJ

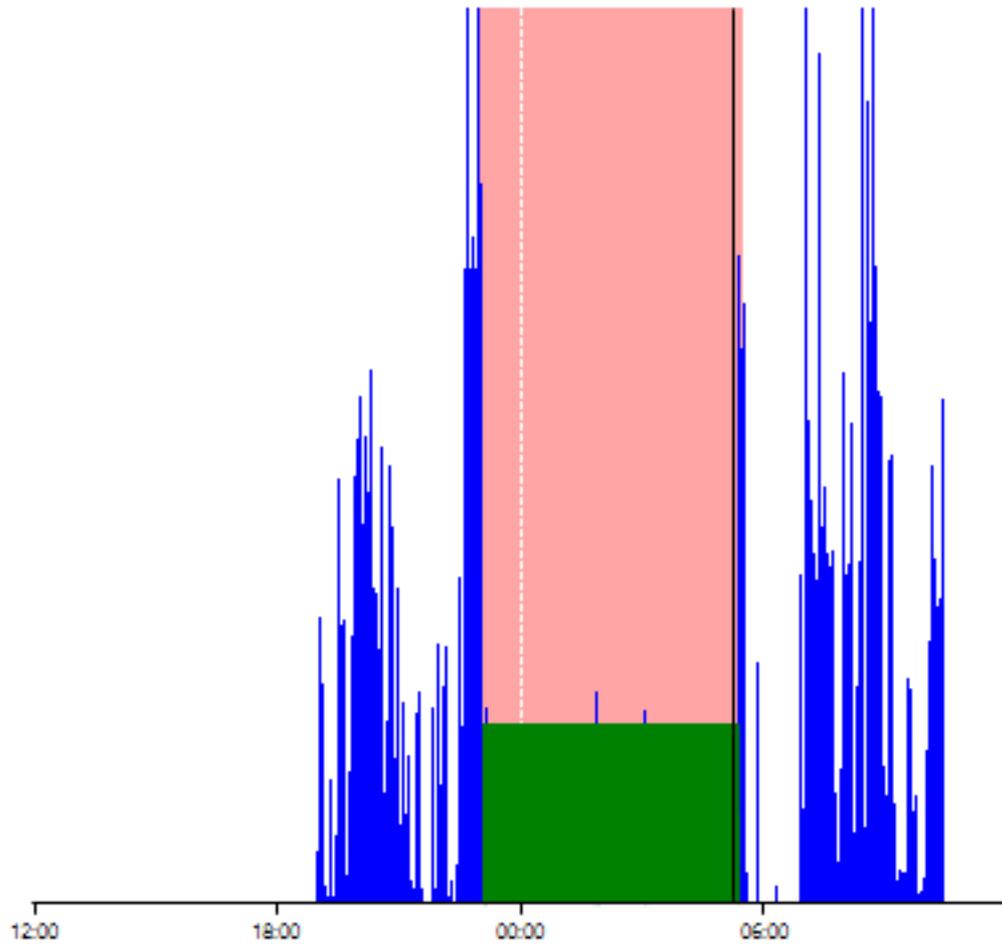
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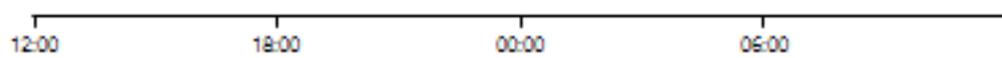
Weight: 61 kg

Device Serial: MOS2E36190124

2023-12-11



2023-12-12



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)
2023-12-11 23:00	2023-12-12 05:30	6	94.1%	390	367	17	5	3.4
23:00	05:30	6	94.1%	390	367	17	5	3.4

ActiGraph Sleep Report

Name: HZJ

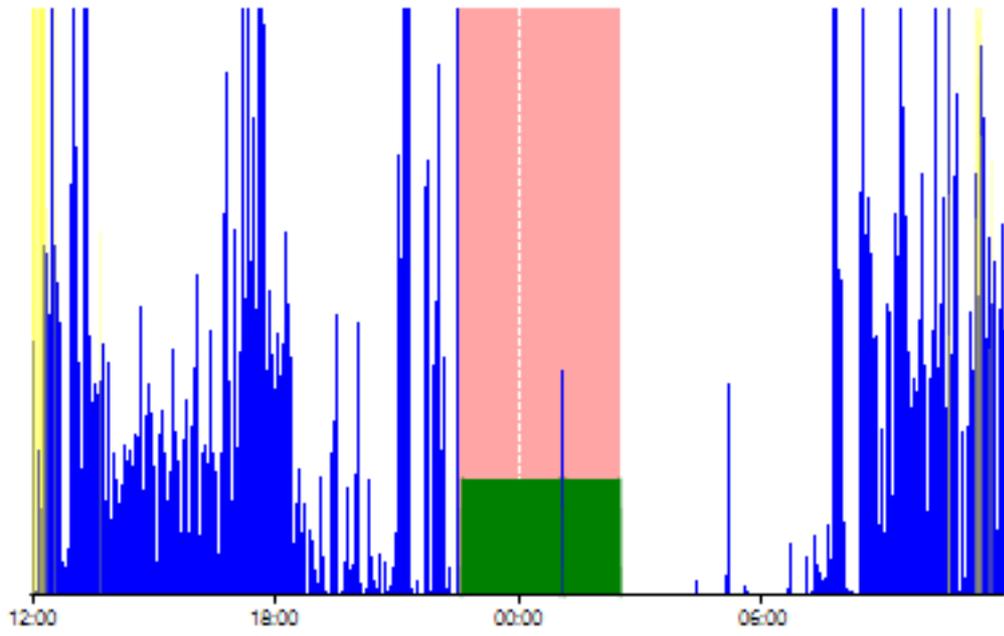
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Data End: 2023-11-24 09:59:00

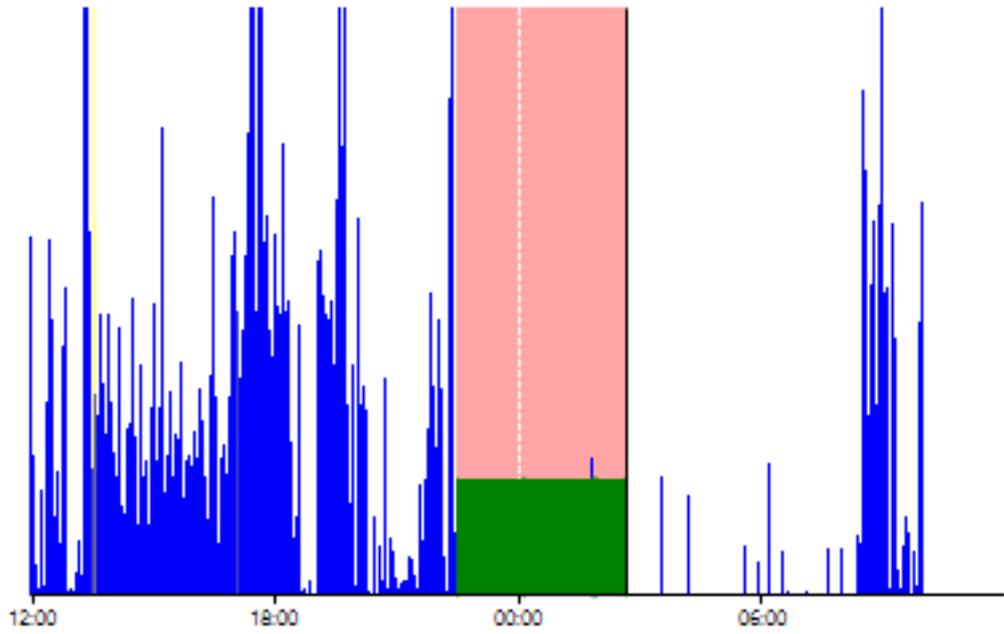
Weight: 60 kg

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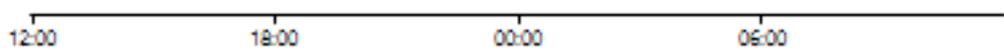
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2023-11-23



2023-11-24



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)
2023-11-22 22:30	2023-11-23 02:30	6	94.58%	240	227	7	1	7
2023-11-23 22:30	2023-11-24 02:38	0	97.58%	248	242	6	3	2
22:30	02:34	3	96.08%	244	234.5	6.5	2	3.25

ActiGraph Sleep Report

Name: FCX

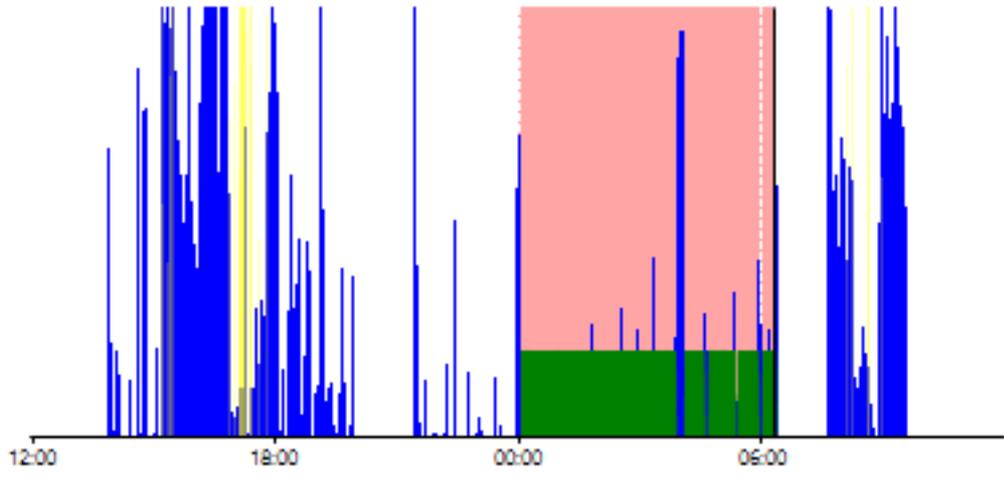
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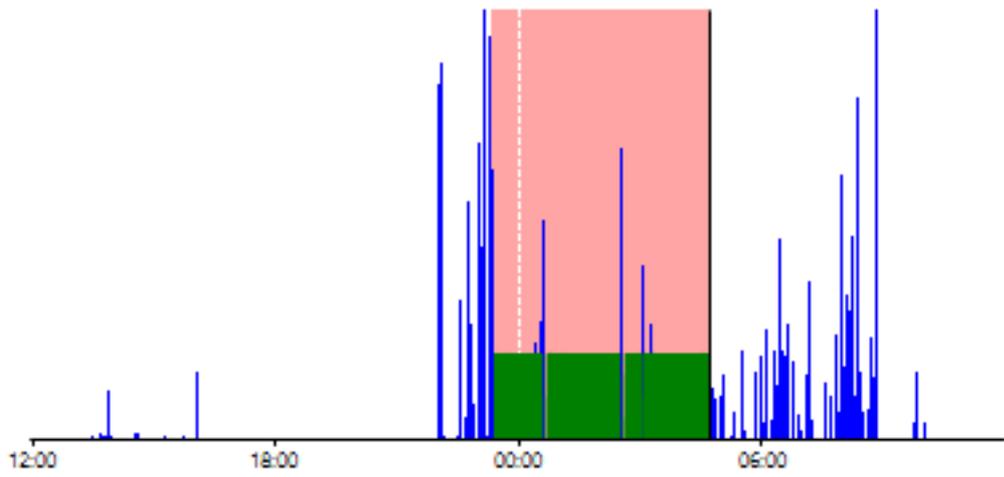
Weight: 55 kg

Device Serial: MOS2E36190133

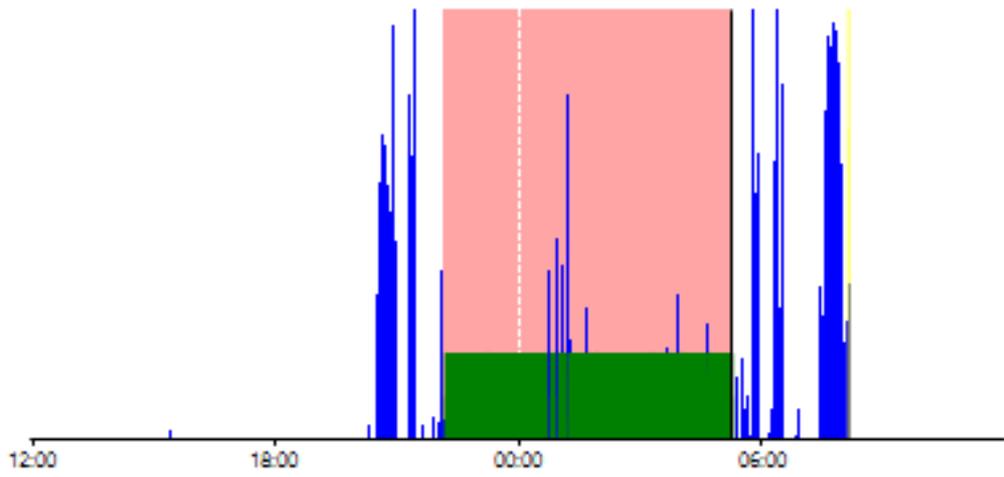
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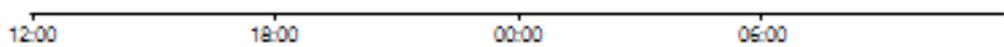
2024-03-30



2024-03-31



2024-04-01



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)
2024-03-29 23:59	2024-03-30 06:20	7	81.89%	381	312	62	22	2.82
2024-03-30 23:22	2024-03-31 04:44	5	86.96%	322	280	37	15	2.47
2024-03-31 22:11	2024-04-01 05:16	1	89.65%	425	381	43	16	2.69
23:10	05:26	4.33	86.16%	376	324.33	47.33	17.67	2.68

ActiGraph Sleep Report

Name: FCX

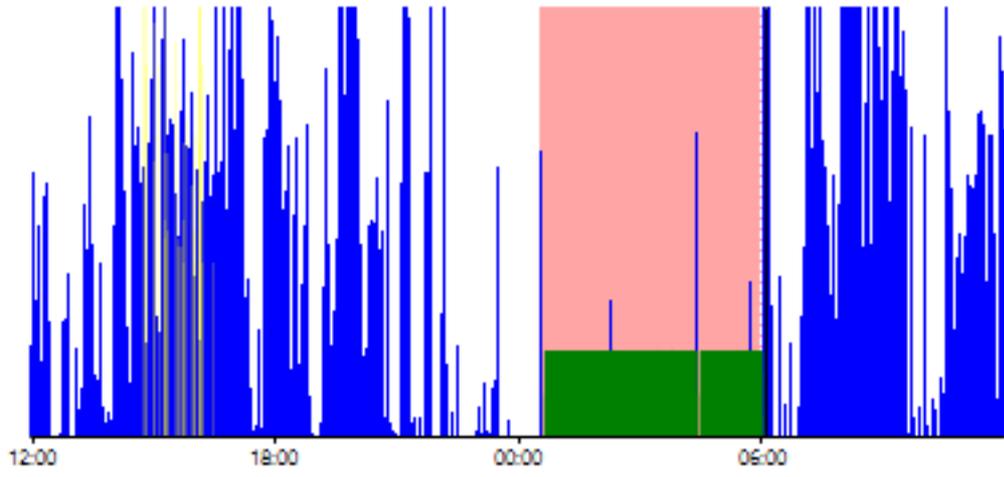
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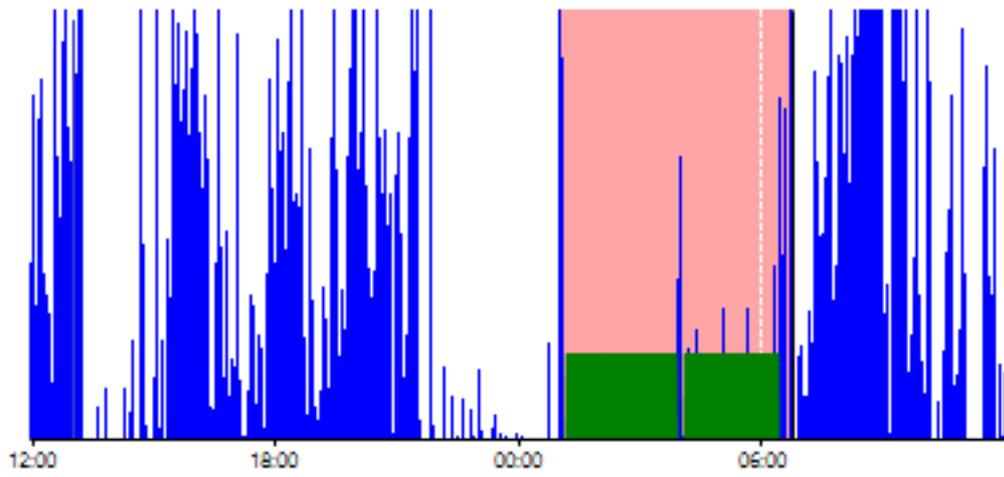
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Device Serial: MOS2E36190130

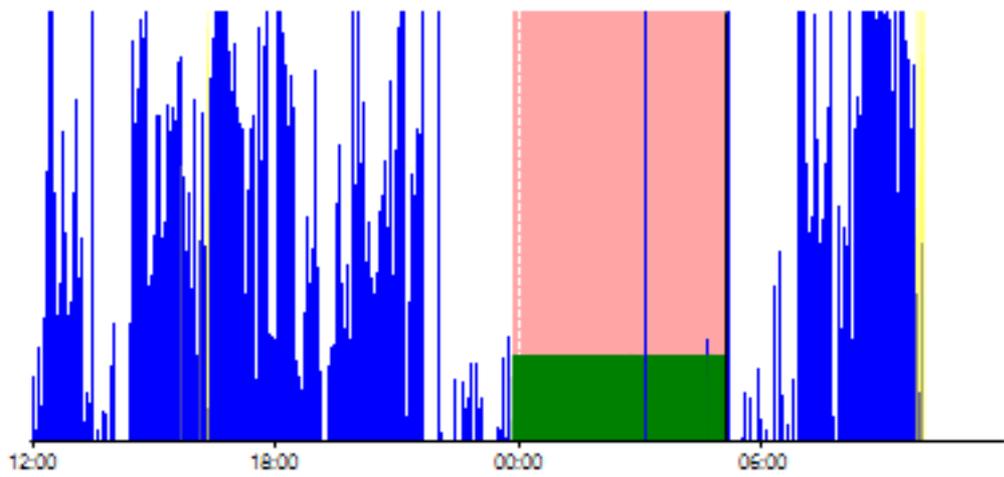
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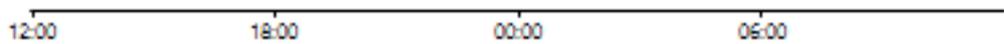
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2024-03-16



2024-03-17



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)
2024-03-15 00:32	2024-03-15 06:07	8	90.45%	335	303	24	9	2.67
2024-03-16 01:04	2024-03-16 06:46	7	82.75%	342	283	52	14	3.71
2024-03-16 23:51	2024-03-17 05:06	1	94.6%	315	298	16	6	2.67
00:29	05:59	5.33	89.27%	330.67	294.67	30.67	9.67	3.17

ActiGraph Sleep Report

Name: WSY

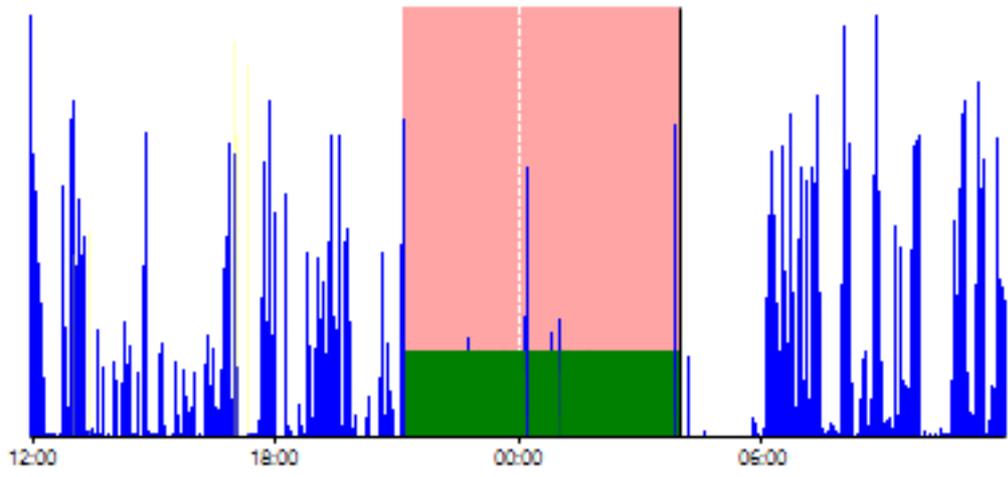
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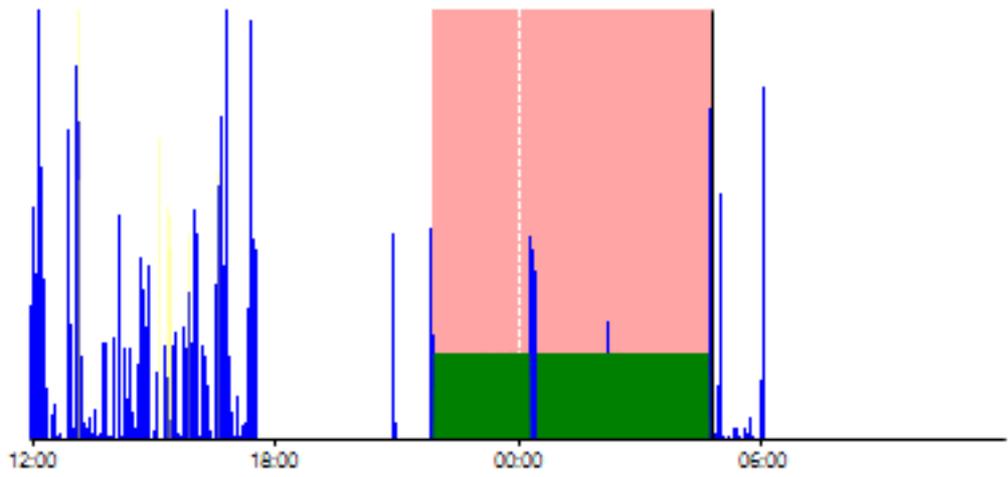
Weight: 65 kg

Device Serial: MOS2E11230658

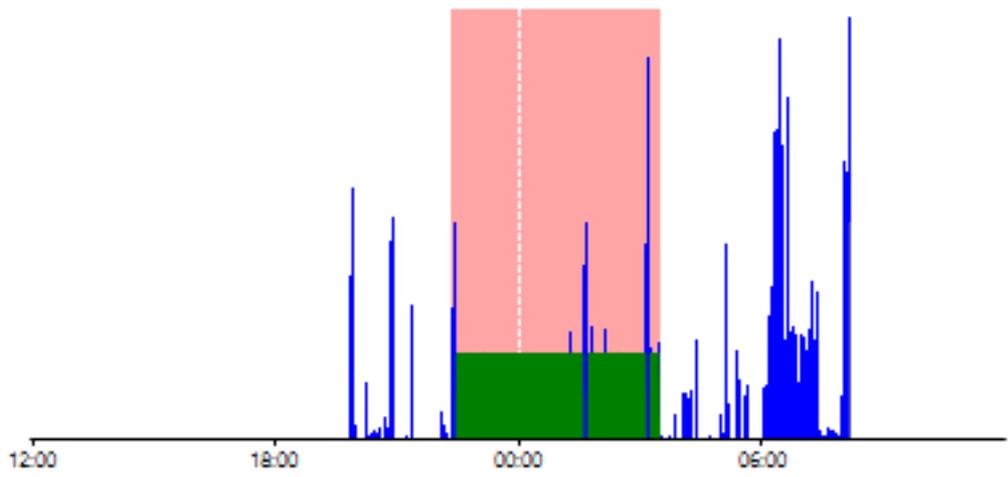
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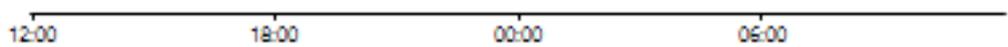
2024-04-09



2024-04-10



2024-04-11



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)
2024-04-08 21:10	2024-04-09 03:58	5	91.18%	408	372	31	11	2.82
2024-04-09 21:53	2024-04-10 04:47	3	92.03%	414	381	30	11	2.73
2024-04-10 22:22	2024-04-11 03:30	7	86.69%	308	267	34	13	2.62
21:48	04:05	5	89.96%	376.67	340	31.67	11.67	2.71

ActiGraph Sleep Report

Name: WSY

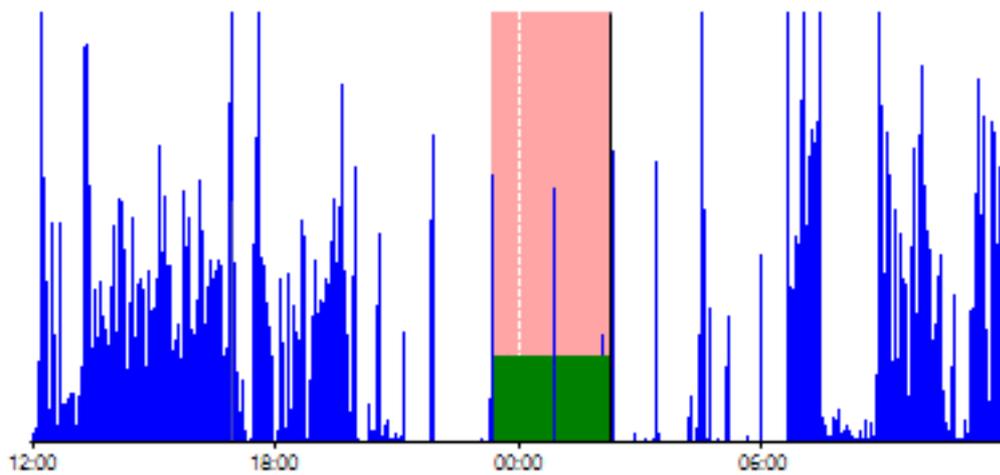
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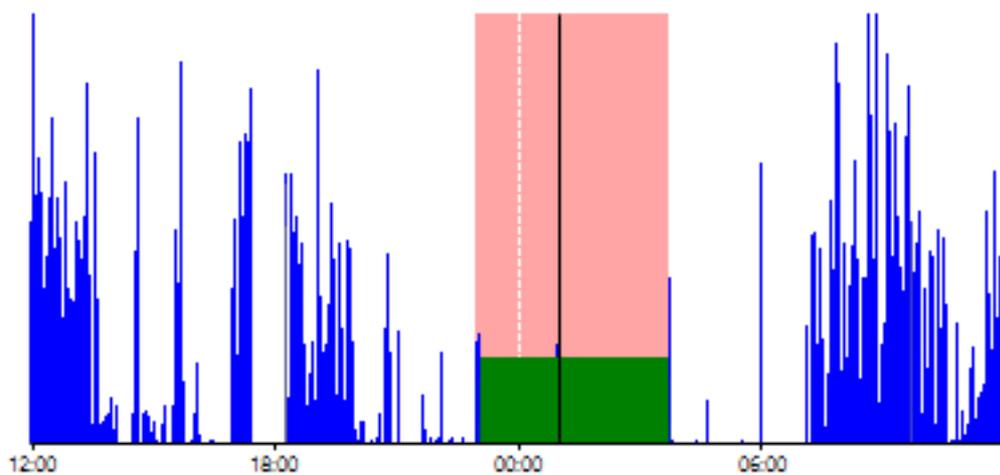
Weight: 69 kg

Device Serial: MOS2E36190130

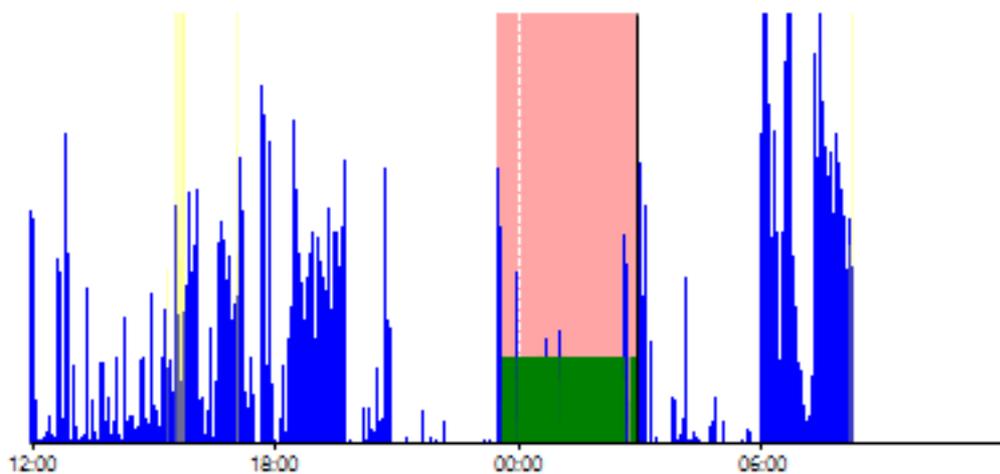
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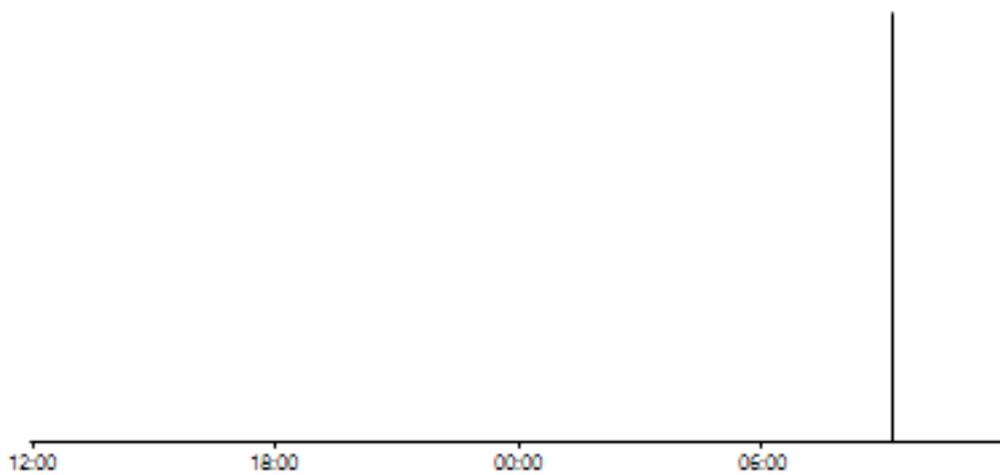
2024-03-19



2024-03-20



2024-03-21



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)
2024-03-18 23:22	2024-03-19 02:16	5	89.08%	174	155	14	5	2.8
2024-03-19 22:58	2024-03-20 03:42	7	93.66%	284	266	11	3	3.67
2024-03-20 23:30	2024-03-21 02:55	7	84.88%	205	174	24	9	2.67
23:16	02:57	6.33	89.21%	221	198.33	16.33	5.67	2.88

ActiGraph Sleep Report

Name: TXF

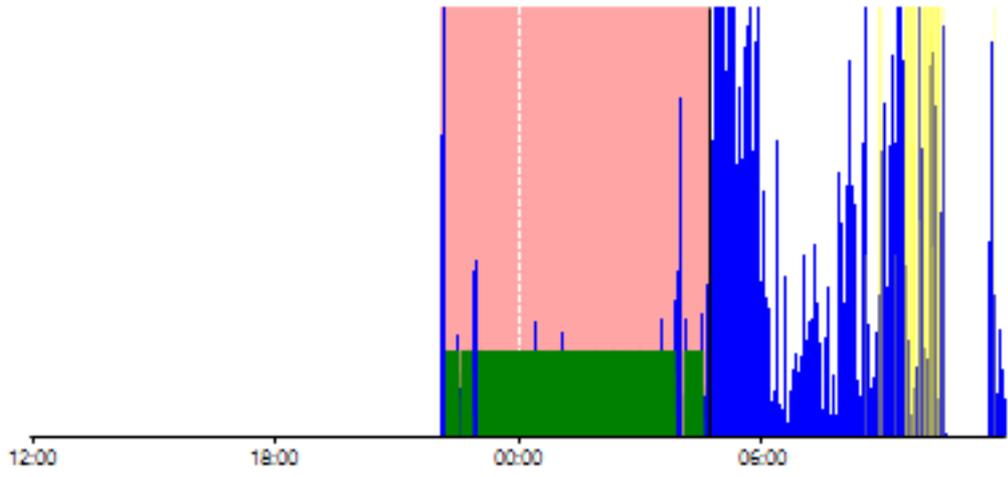
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Data End: 2024-04-12 08:03:00

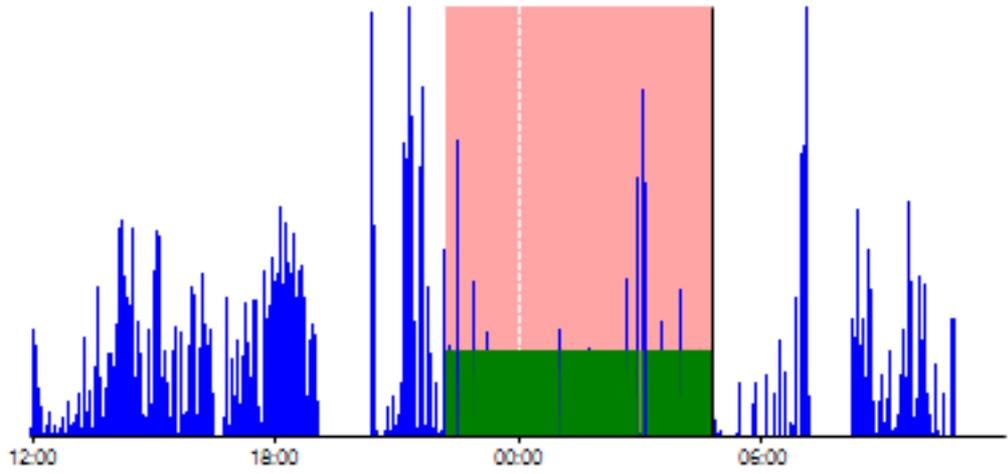
Weight: 55 kg

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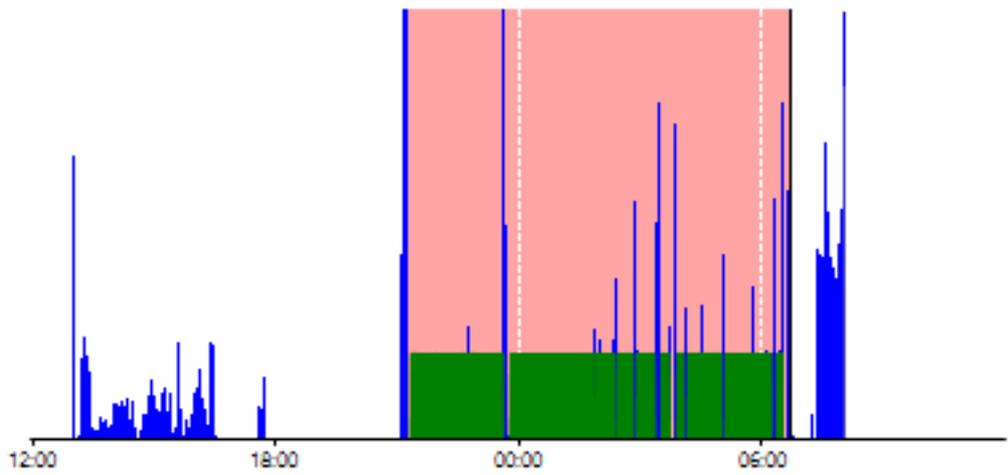
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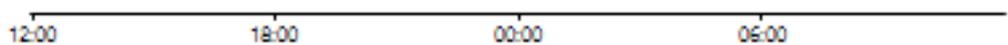
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2024-04-11



2024-04-12



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)
2024-04-09 22:07	2024-04-10 04:42	7	81.77%	395	323	65	21	3.1
2024-04-10 22:12	2024-04-11 04:47	3	84.3%	395	333	59	24	2.46
2024-04-11 21:12	2024-04-12 06:41	9	76.63%	569	436	124	37	3.35
21:50	05:23	6.33	80.9%	453	364	82.67	27.33	3.02

ActiGraph Sleep Report

Name: HYQ

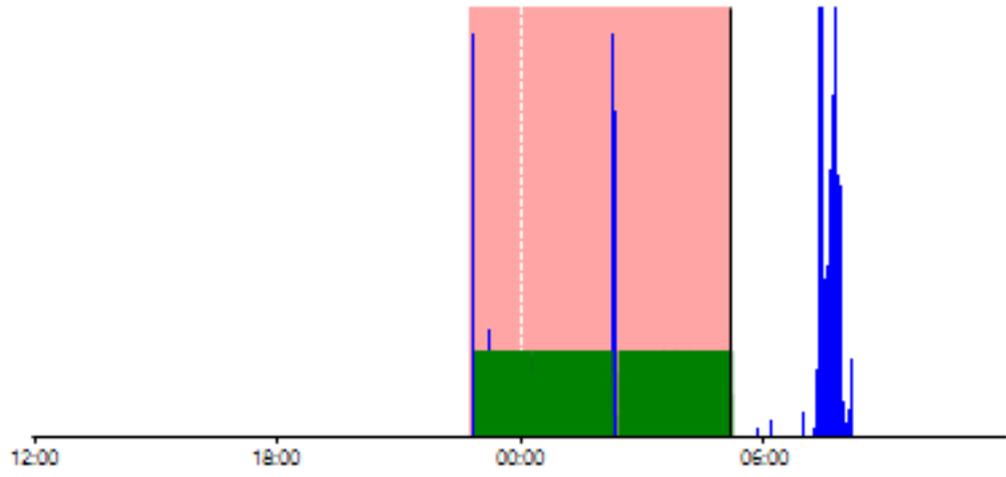
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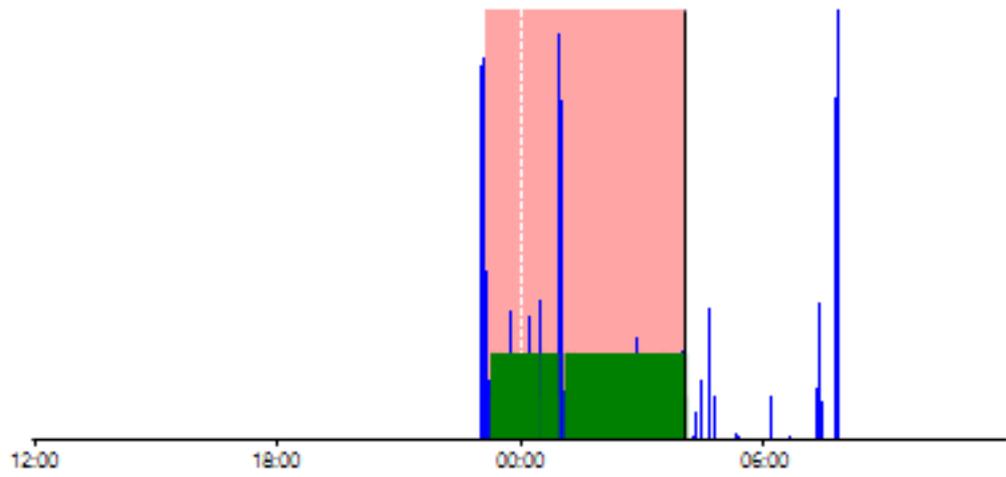
Weight: 60 kg

Device Serial: MOS2E11230108

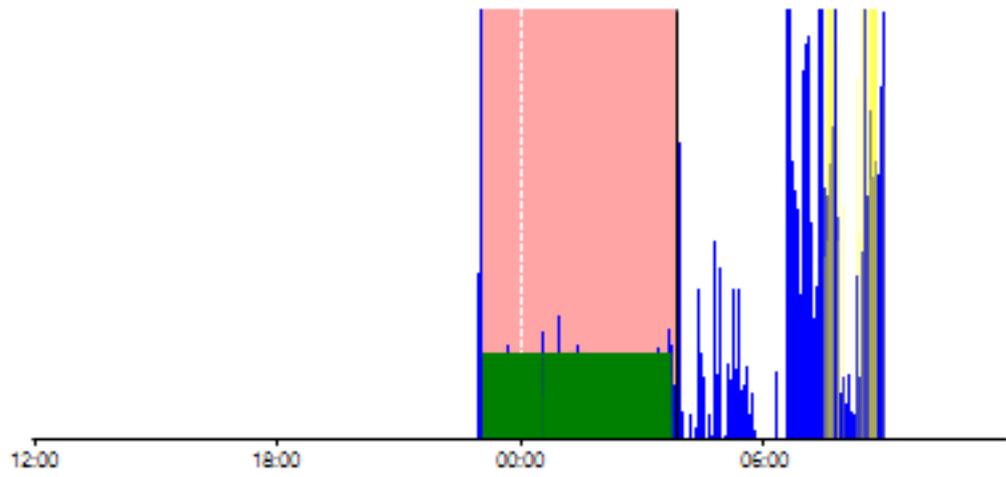
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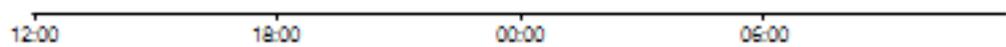
2024-03-20



2024-03-21



2024-03-22



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)
2024-03-19 22:47	2024-03-20 05:12	8	93.25%	385	359	18	7	2.57
2024-03-20 23:09	2024-03-21 04:04	8	86.1%	295	254	33	17	1.94
2024-03-21 23:00	2024-03-22 03:50	6	87.93%	290	255	29	14	2.07
22:58	04:22	7.33	89.09%	323.33	289.33	26.67	12.67	2.11

ActiGraph Sleep Report

Name: HYQ

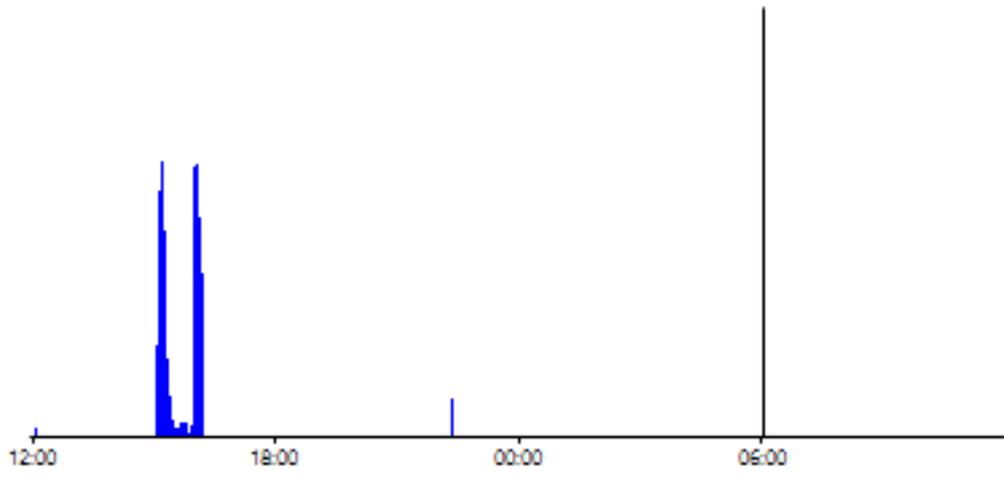
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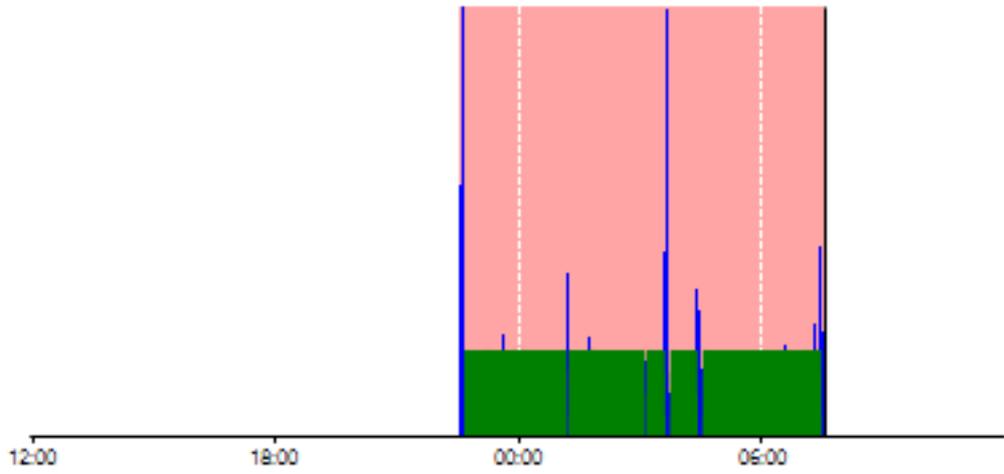
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Device Serial: MOS2E11230658

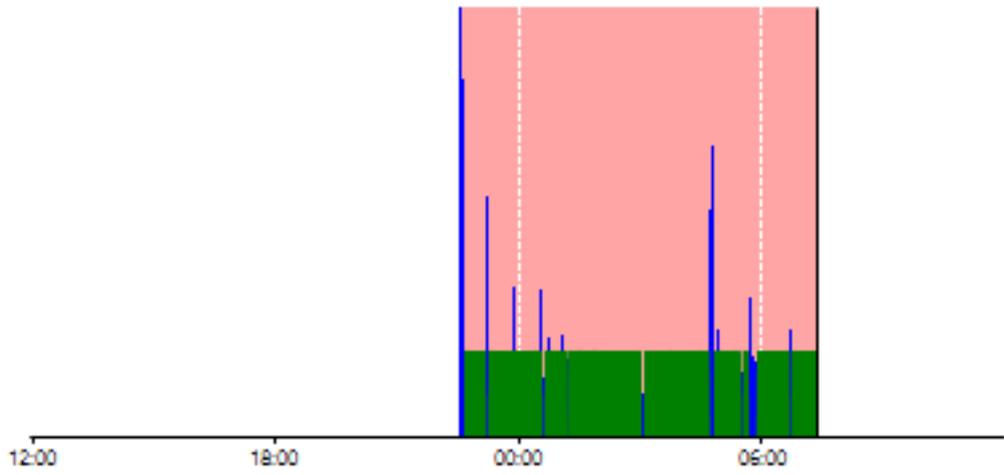
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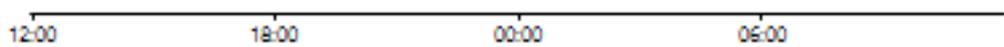
2024-04-04



2024-04-05



2024-04-06



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)
2024-04-04 22:35	2024-04-05 07:33	7	88.66%	538	477	54	17	3.18
2024-04-05 22:33	2024-04-06 07:21	9	79.55%	528	420	99	27	3.67
22:34	07:27	8	84.1%	533	448.5	76.5	22	3.48

ActiGraph Sleep Report

Name: HYQ

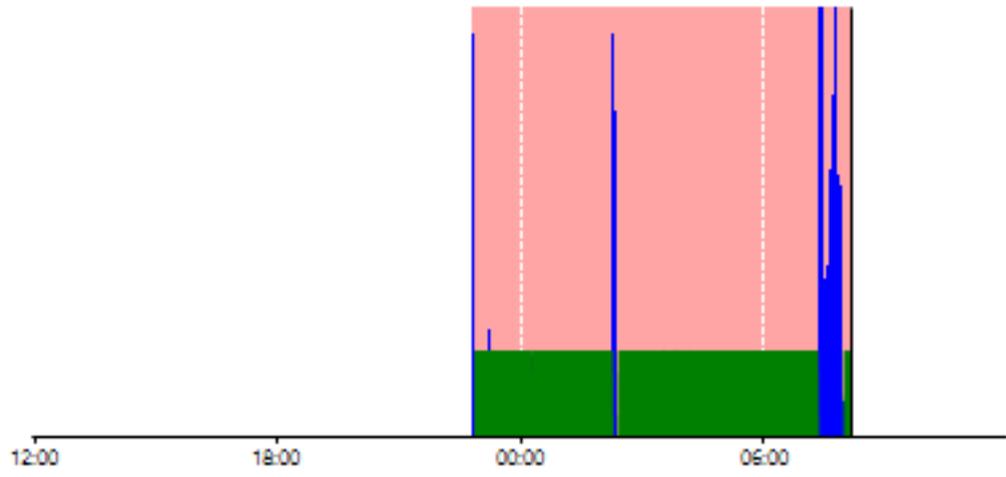
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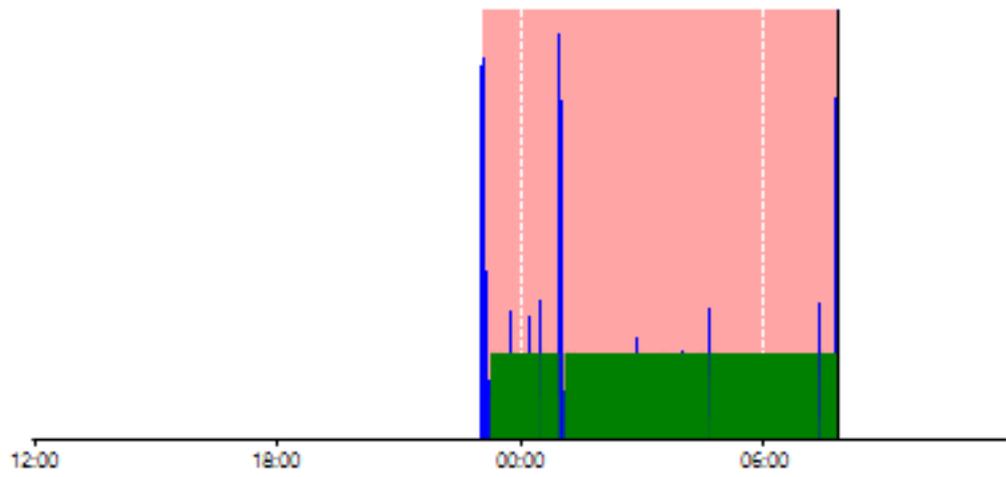
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Device Serial: MOS2E11230108

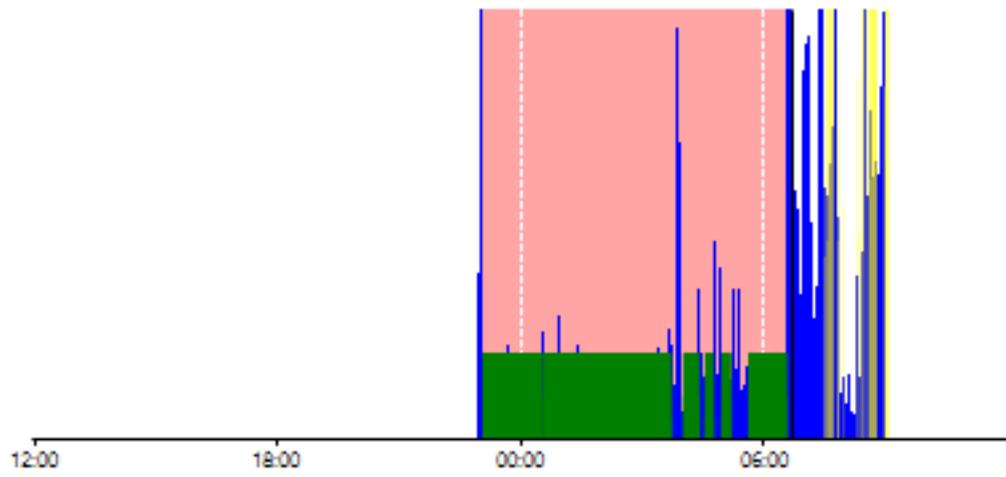
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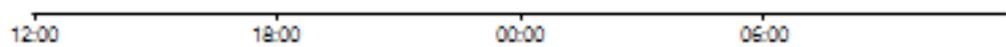
2024-03-20



2024-03-21



2024-03-22



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)
2024-03-19 22:48	2024-03-20 08:09	7	87.7%	561	492	62	9	6.89
2024-03-20 23:04	2024-03-21 07:49	13	88%	525	462	50	23	2.17
2024-03-21 23:00	2024-03-22 06:44	6	74.78%	464	347	111	21	5.29
22:57	07:34	8.67	83.5%	516.67	433.67	74.33	17.67	4.21

ActiGraph Sleep Report

Name: LYQ

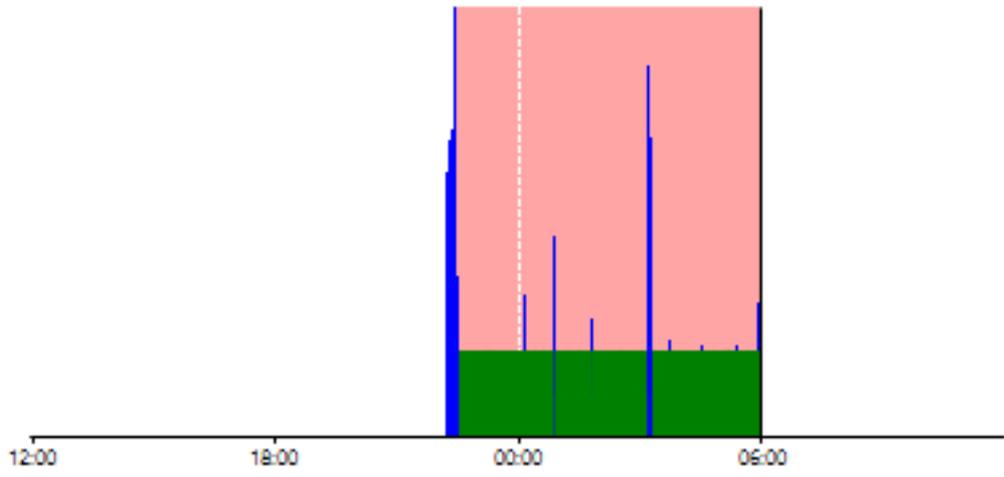
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Data End: 2024-05-17 09:59:00

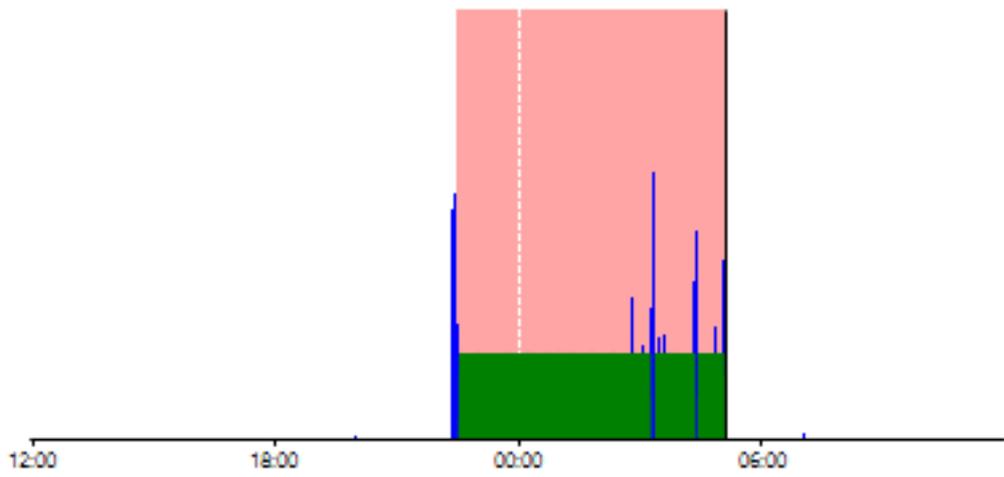
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Device Serial: MOS2E11230658

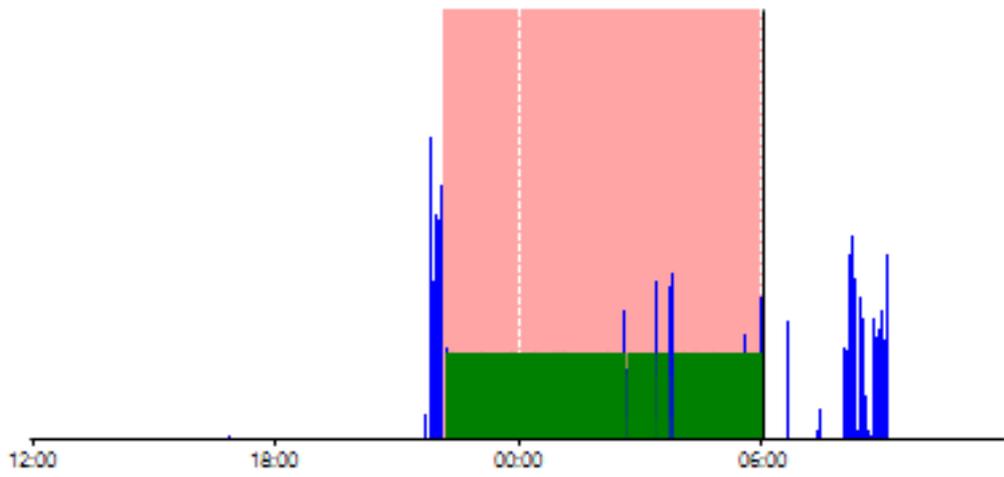
2024-05-14



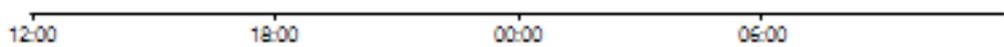
2024-05-15



2024-05-16



2024-05-17



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)
2024-05-14 22:30	2024-05-15 05:57	4	88.81%	447	397	46	23	2
2024-05-15 22:30	2024-05-16 05:06	3	88.89%	396	352	41	22	1.86
2024-05-16 22:11	2024-05-17 06:01	4	90.43%	470	425	41	20	2.05
22:23	05:41	3.67	89.38%	437.67	391.33	42.67	21.67	1.97

ActiGraph Sleep Report

Name: LYQ

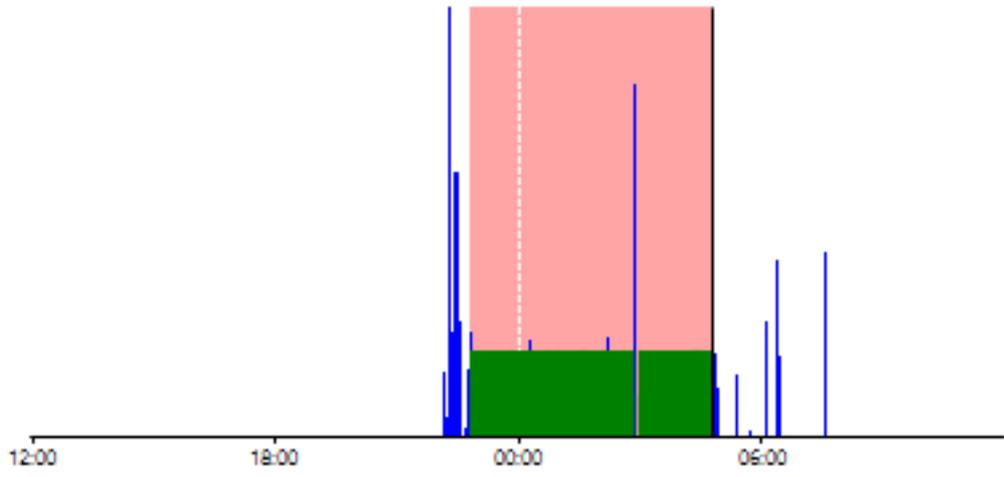
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Data End: 2024-04-26 09:08:00

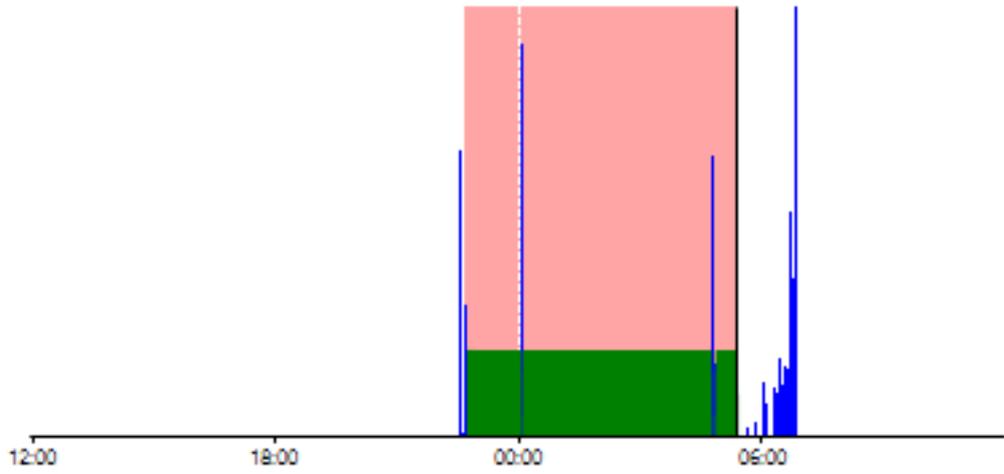
Weight: 48 kg

Device Serial: MOS2E11230108

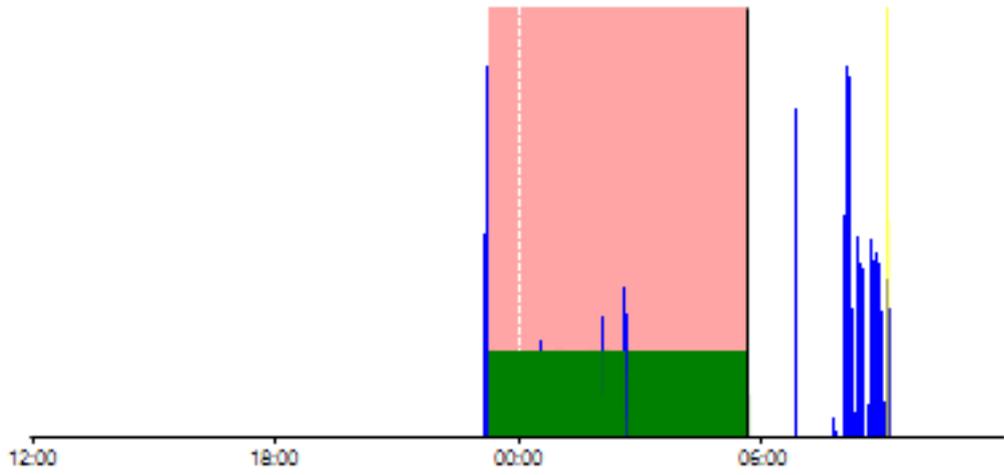
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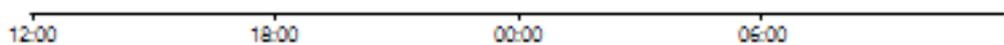
2024-04-24



2024-04-25



2024-04-26



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)
2024-04-23 22:49	2024-04-24 04:46	2	91.32%	357	326	29	16	1.81
2024-04-24 22:42	2024-04-25 05:23	4	94.51%	401	379	18	4	4.5
2024-04-25 23:17	2024-04-26 05:39	2	93.98%	382	359	21	9	2.33
22:56	05:16	2.67	93.27%	380	354.67	22.67	9.67	2.34

ActiGraph Sleep Report

Name: LJJ

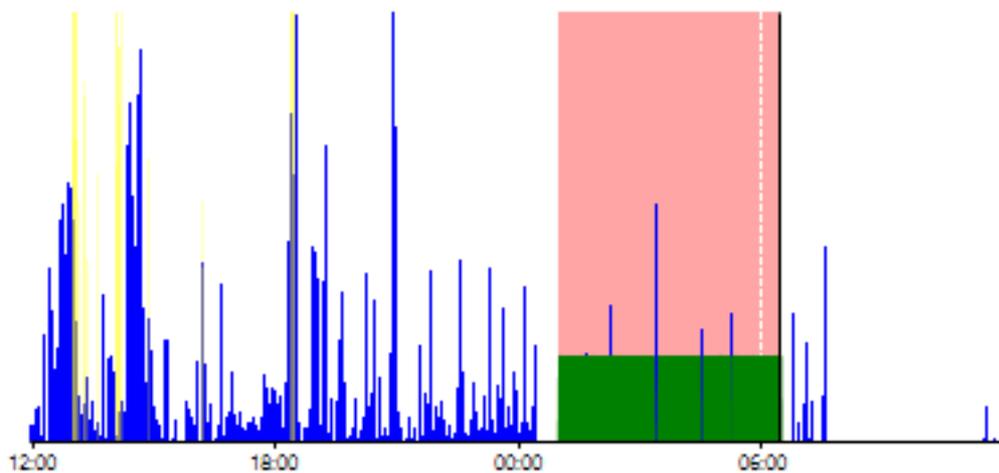
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Data End: 2024-05-09 08:13:00

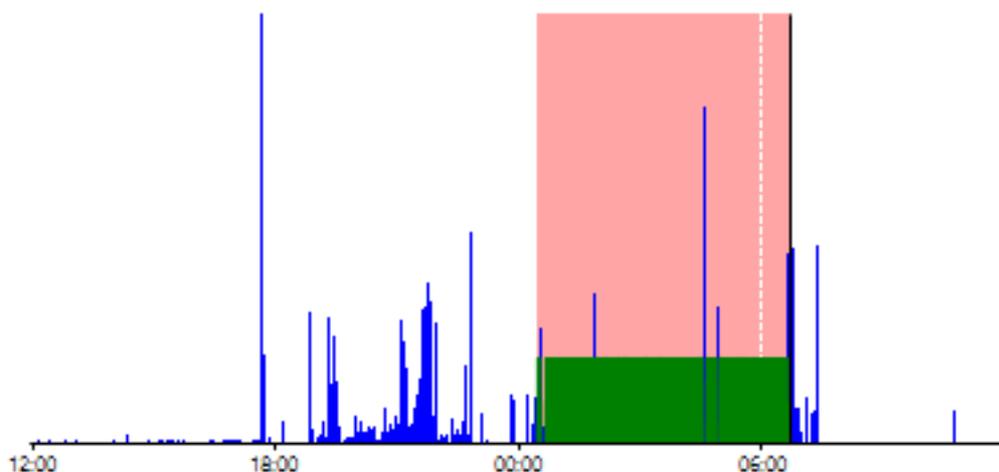
Weight: 51 kg

Device Serial: MOS2E36190133

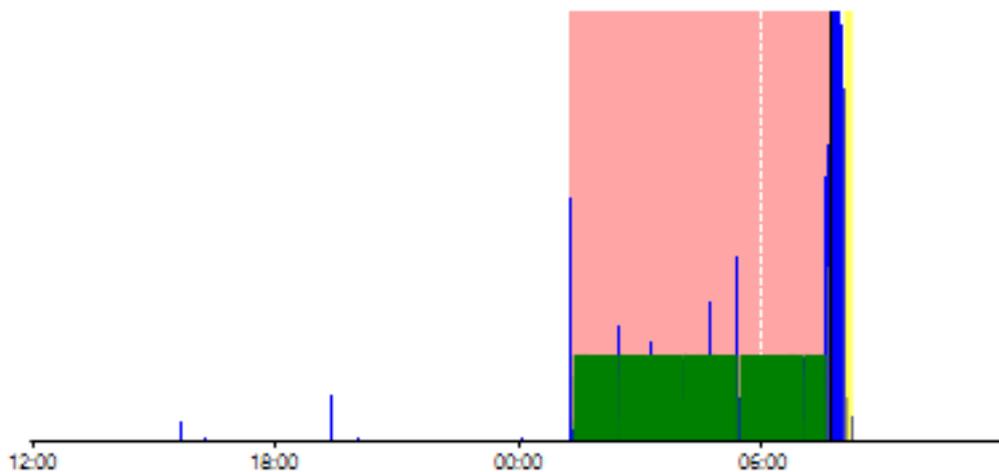
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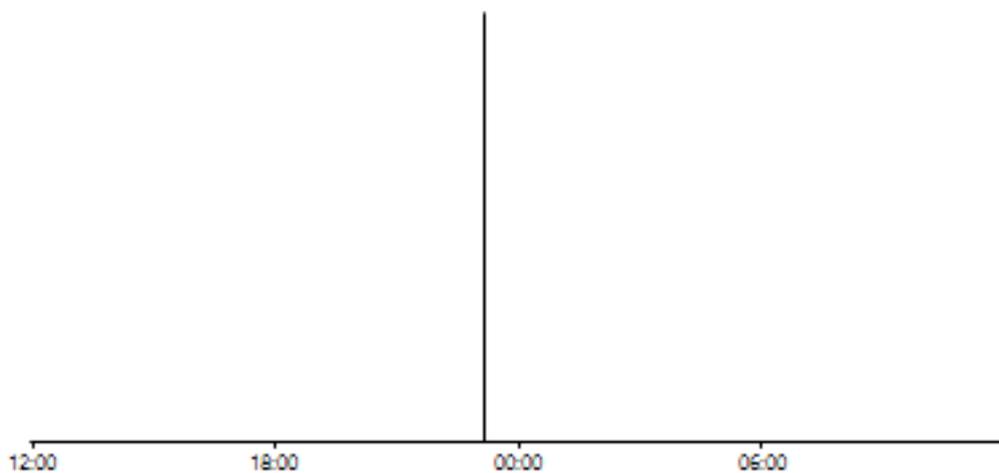
2024-05-07



2024-05-08



2024-05-09



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)
2024-05-07 00:59	2024-05-07 06:28	1	87.84%	329	289	39	17	2.29
2024-05-08 00:27	2024-05-08 06:44	1	89.12%	377	336	40	15	2.67
2024-05-09 01:18	2024-05-09 07:40	5	85.86%	382	328	49	20	2.45
00:54	06:57	2.33	87.61%	362.67	317.67	42.67	17.33	2.46

ActiGraph Sleep Report

Name: LJJ

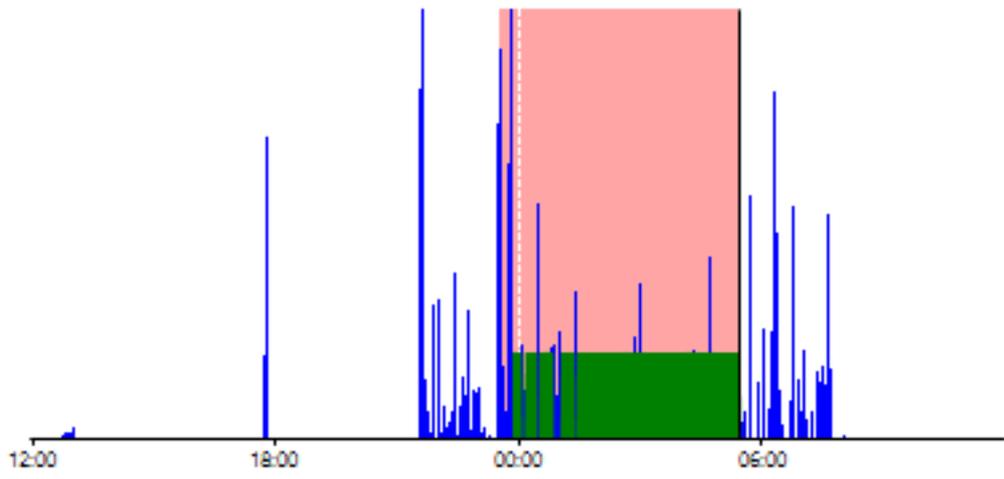
Data Start: 2024-04-12 10:00:00

Data End: 2024-04-15 09:59:00

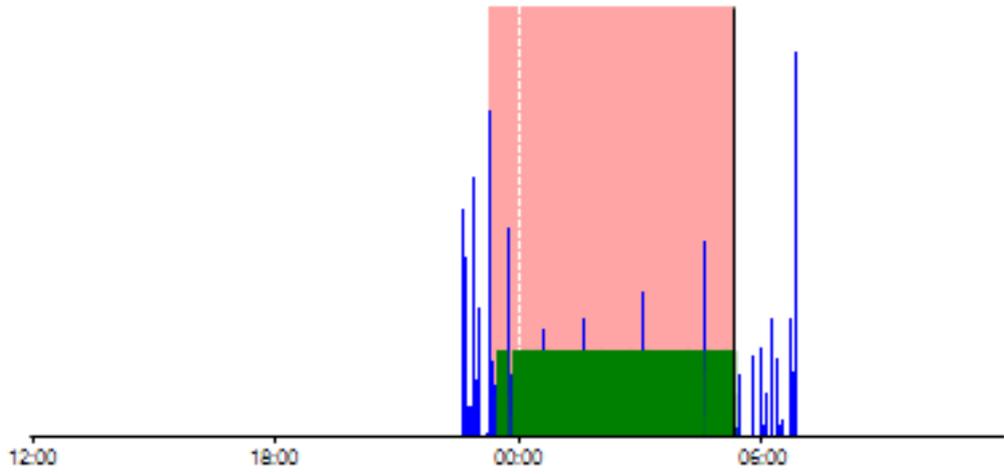
Weight: 57 kg

Device Serial: MOS2E12200541

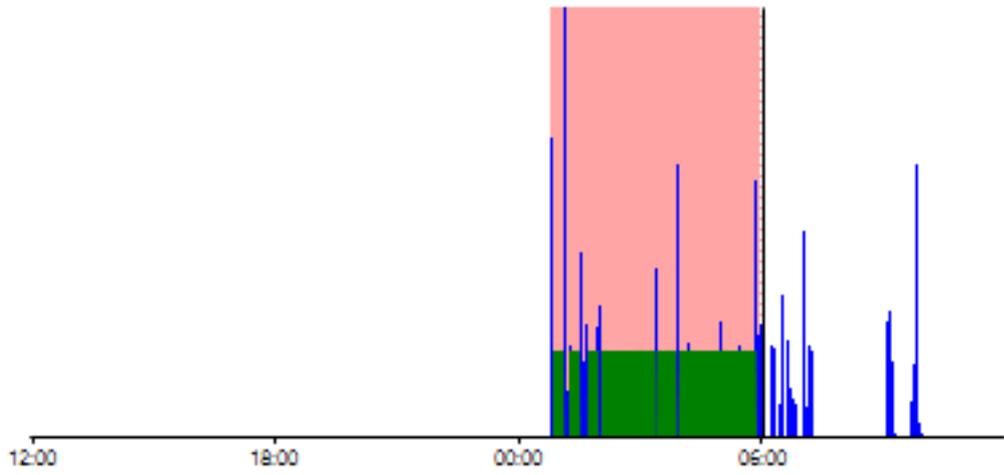
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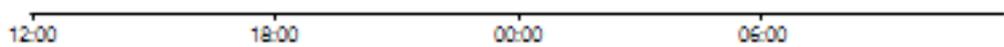
2024-04-13



2024-04-14



2024-04-15



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)
2024-04-12 23:34	2024-04-13 05:27	20	76.77%	353	271	62	18	3.44
2024-04-13 23:17	2024-04-14 05:20	12	86.5%	363	314	37	19	1.95
2024-04-15 00:50	2024-04-15 06:03	4	74.44%	313	233	76	17	4.47
23:53	05:36	12	79.24%	343	272.67	58.33	18	3.24

ActiGraph Sleep Report

Name: YXS

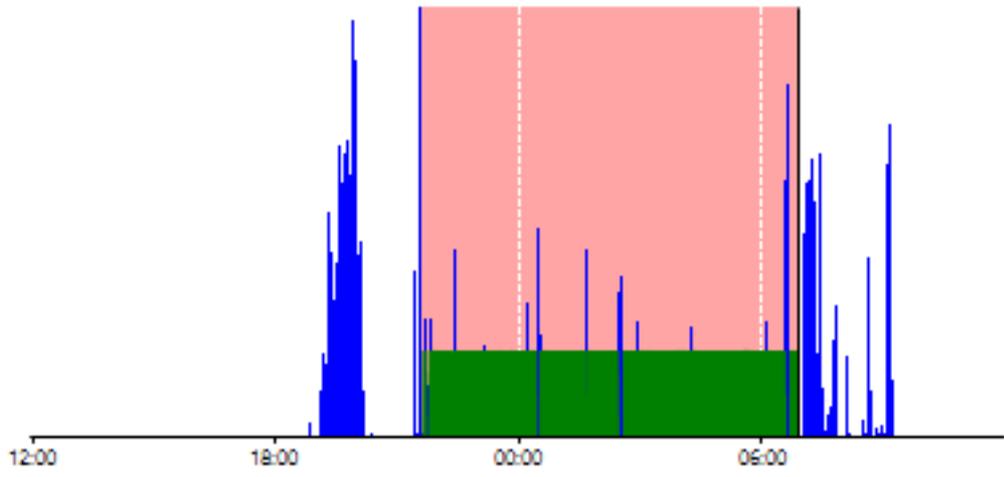
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Data End: 2024-05-09 08:06:00

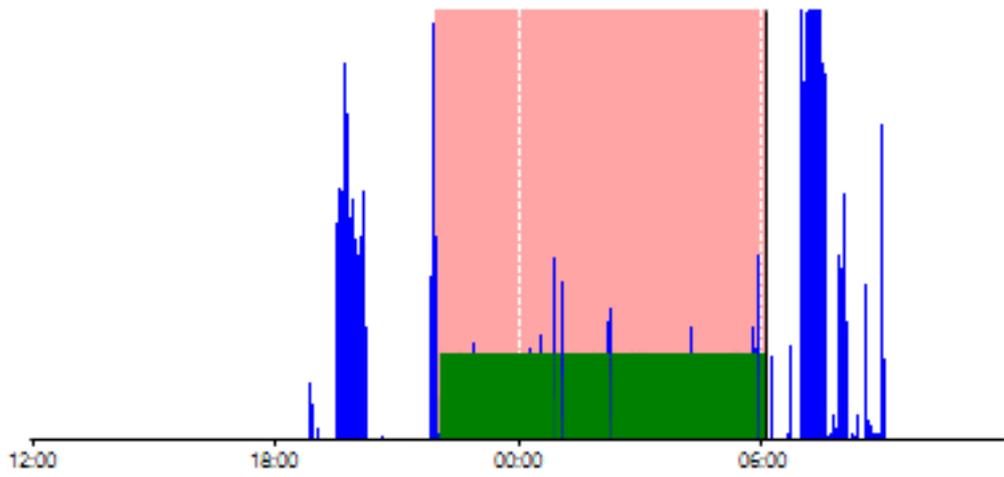
Weight: 48 kg

Device Serial: MOS2E11230108

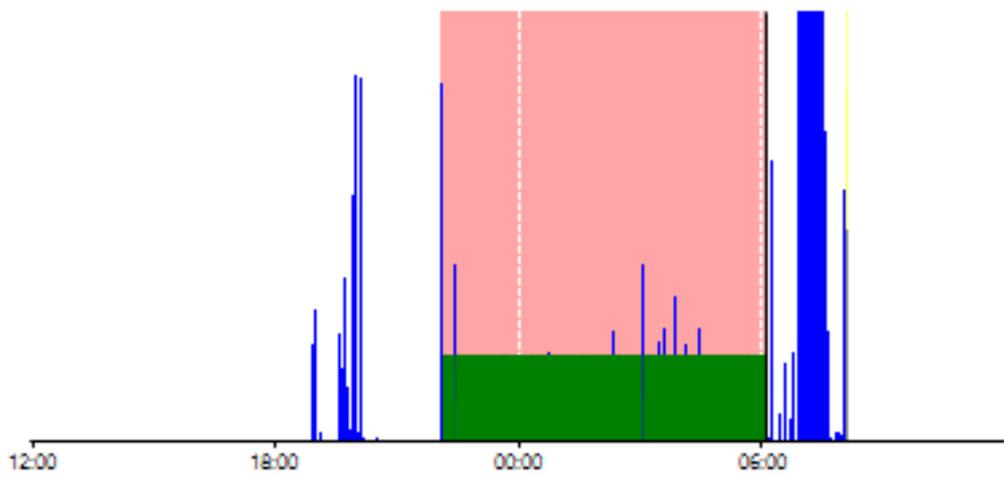
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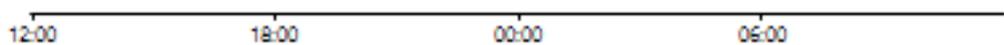
2024-05-07



2024-05-08



2024-05-09



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)
2024-05-06 21:35	2024-05-07 06:53	5	85.13%	558	475	78	36	2.17
2024-05-07 21:59	2024-05-08 06:06	6	88.71%	487	432	49	22	2.23
2024-05-08 22:04	2024-05-09 06:06	7	91.08%	482	439	36	23	1.57
21:52	06:21	6	88.3%	509	448.67	54.33	27	2.01

ActiGraph Sleep Report

Name: YXS

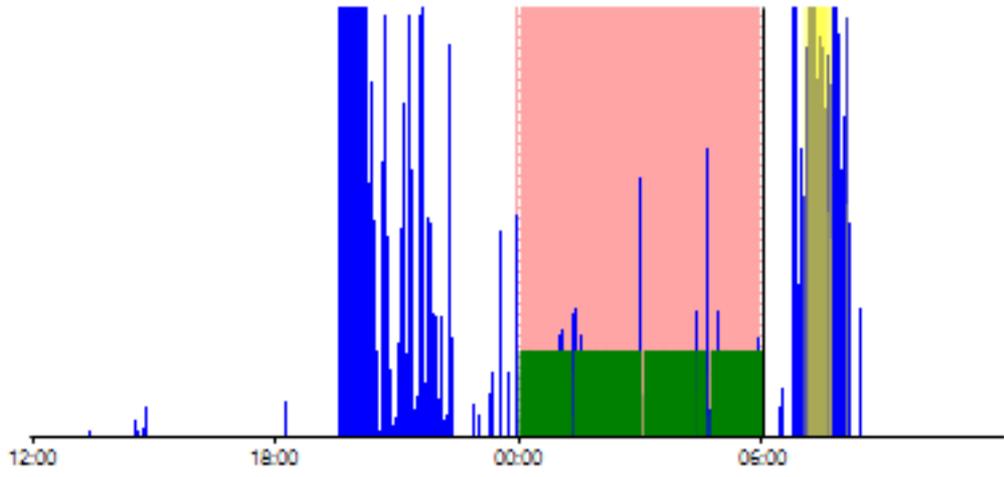
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Data End: 2024-04-19 08:10:00

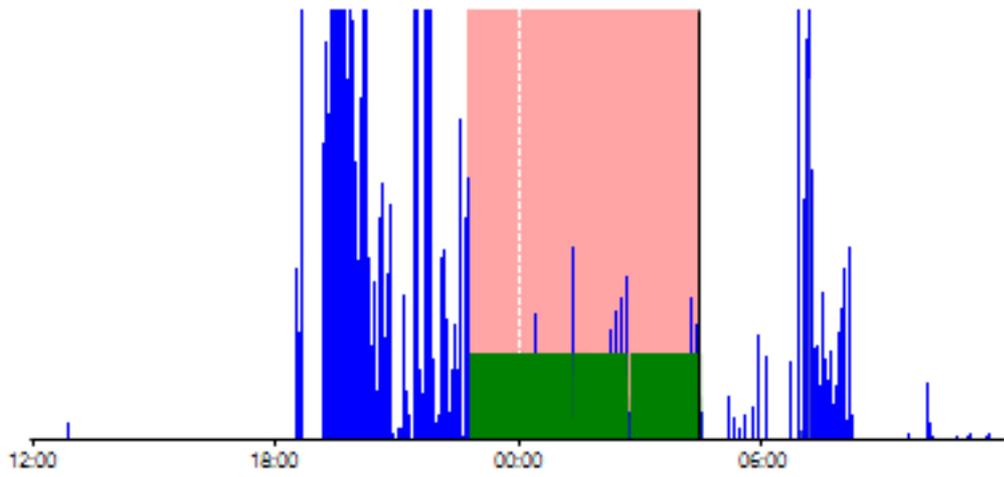
Weight: 51 kg

Device Serial: MOS2E36190133

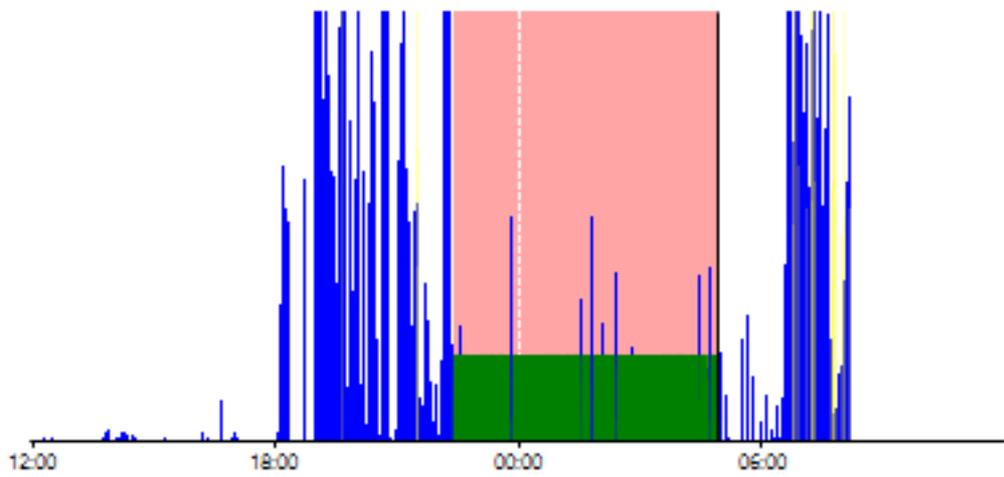
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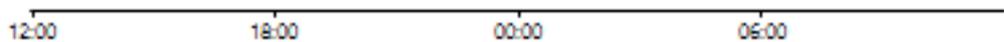
2024-04-17



2024-04-18



2024-04-19



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)
2024-04-16 23:57	2024-04-17 06:03	6	83.33%	366	305	55	24	2.29
2024-04-17 22:45	2024-04-18 04:28	5	90.09%	343	309	29	18	1.61
2024-04-18 22:24	2024-04-19 04:55	1	82.61%	391	323	67	30	2.23
23:02	05:08	4	85.34%	366.67	312.33	50.33	24	2.1

ActiGraph Sleep Report

Name: LYN

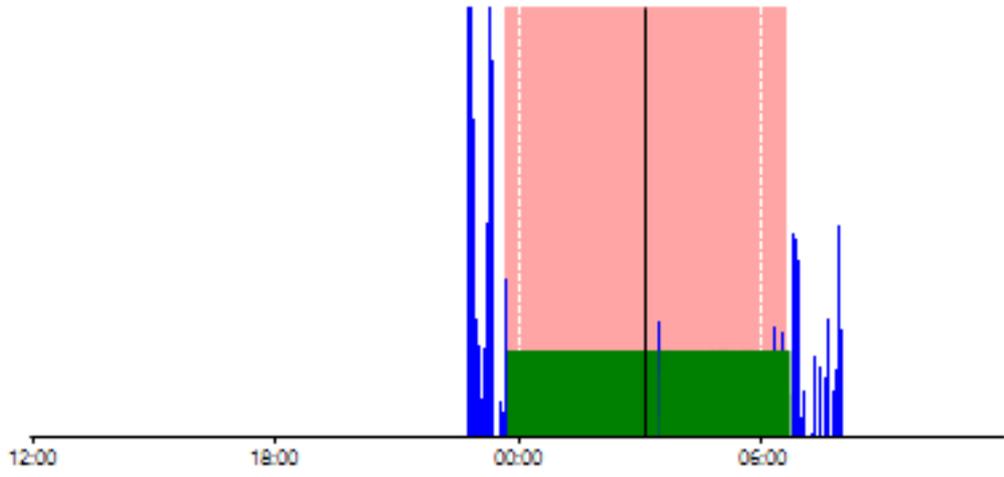
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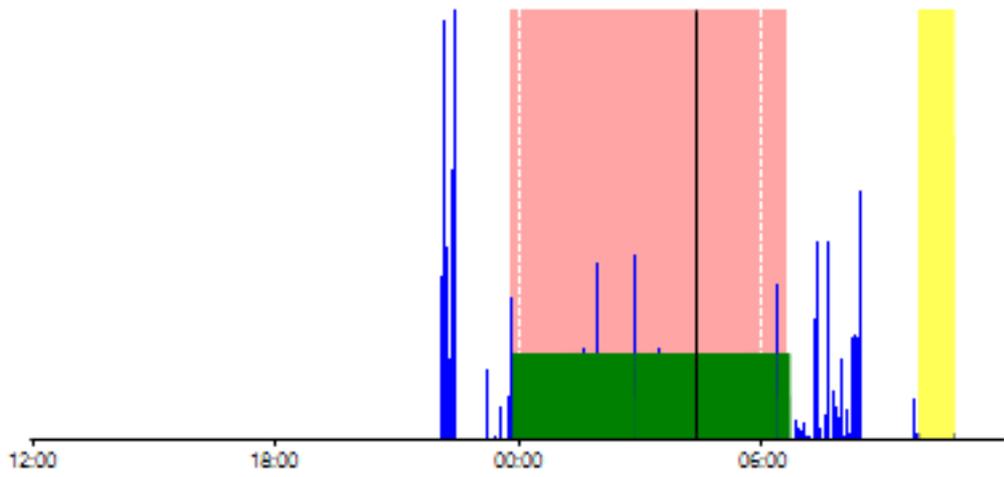
Weight: 62 kg

Device Serial: MOS2E12200541

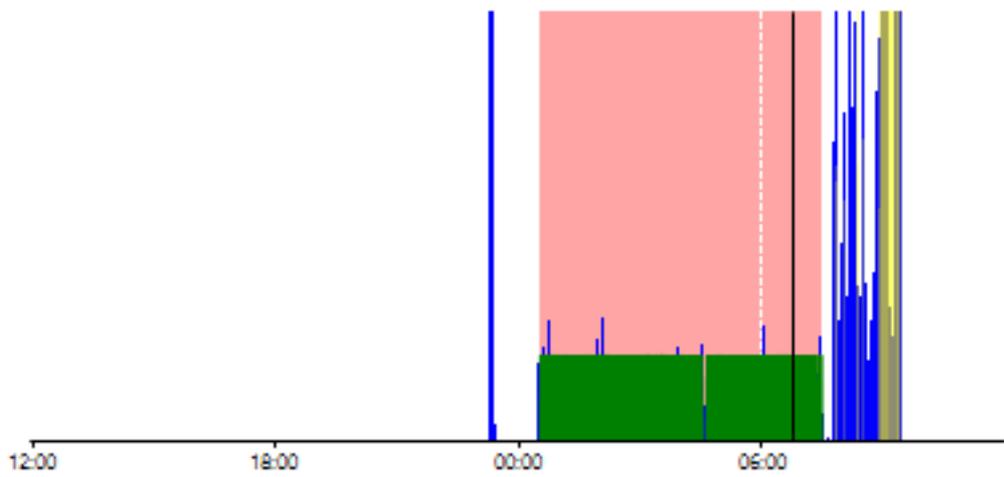
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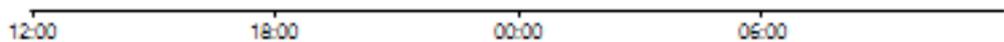
2024-05-12



2024-05-13



2024-05-14



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)
2024-05-11 23:40	2024-05-12 06:40	6	94.29%	420	396	18	12	1.5
2024-05-12 23:48	2024-05-13 06:40	5	92.96%	412	383	24	14	1.71
2024-05-14 00:31	2024-05-14 07:30	1	87.35%	419	366	52	30	1.73
23:59	06:56	4	91.53%	417	381.67	31.33	18.67	1.68

ActiGraph Sleep Report

Name: LYN

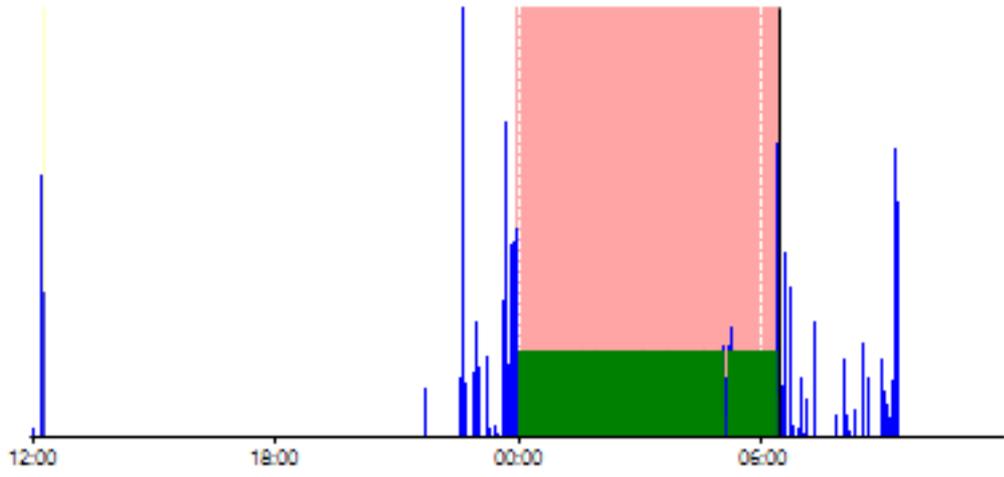
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Data End: 2024-04-21 09:59:00

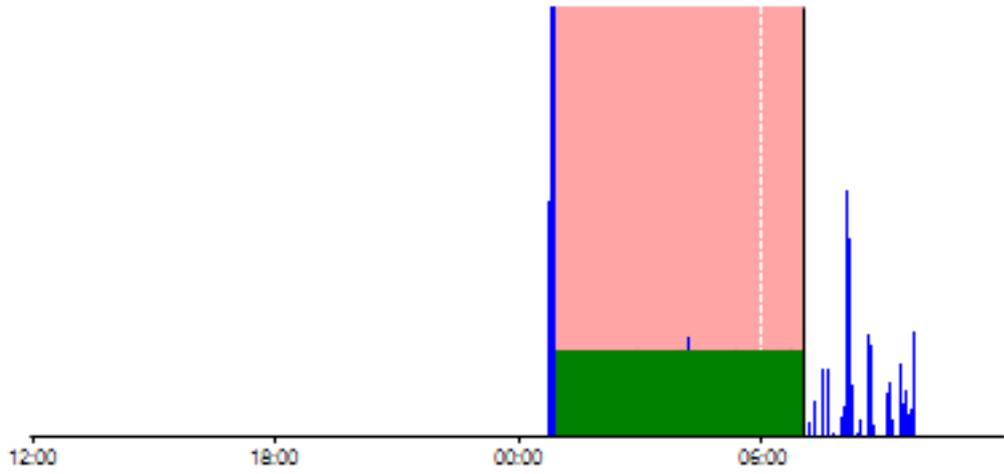
Weight: 60 kg

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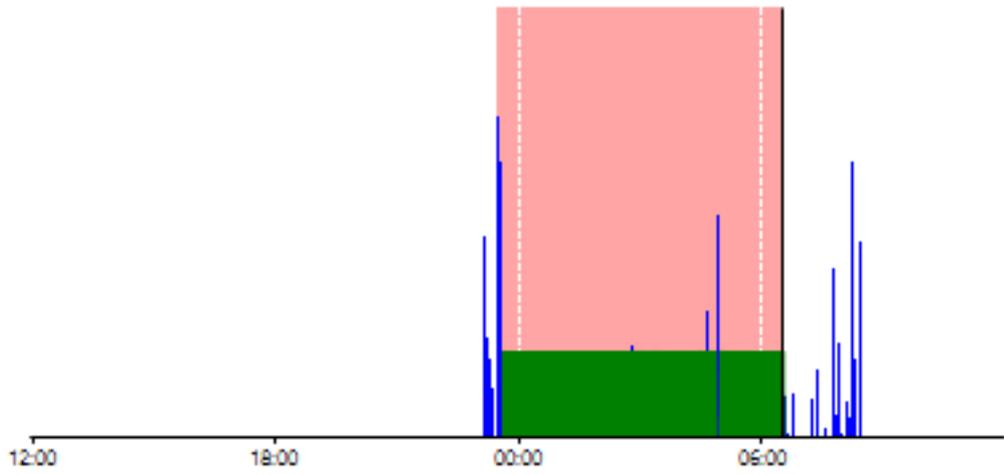
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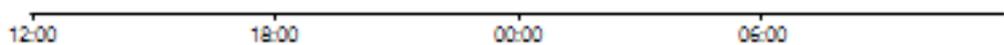
2024-04-19



2024-04-20



2024-04-21



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)
2024-04-18 23:57	2024-04-19 06:28	5	91.82%	391	359	27	12	2.25
2024-04-20 00:48	2024-04-20 07:00	9	94.09%	372	350	13	10	1.3
2024-04-20 23:30	2024-04-21 06:32	8	94.55%	422	399	15	9	1.67
00:05	06:40	7.33	93.48%	395	369.33	18.33	10.33	1.77

ActiGraph Sleep Report

Name: LH

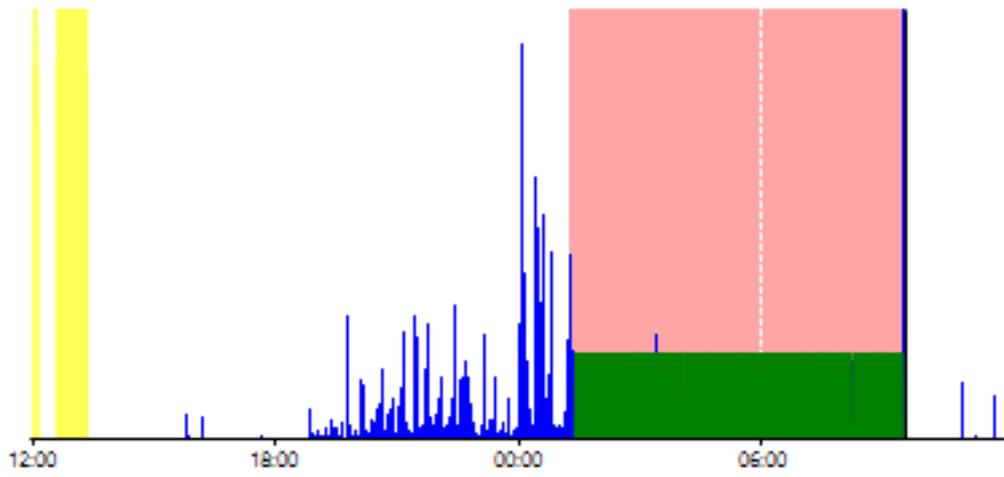
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Data End: 2024-05-31 09:59:00

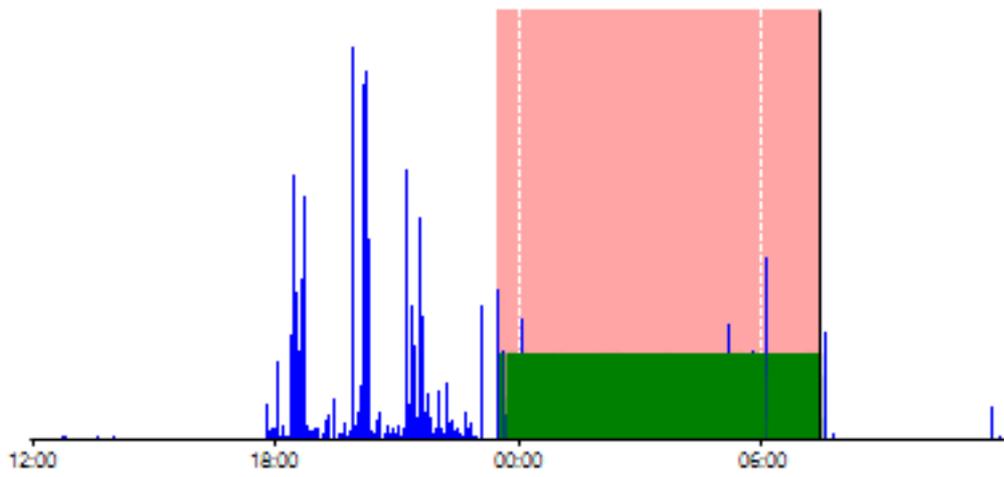
Weight: 84 kg

Device Serial: MOS2E12200541

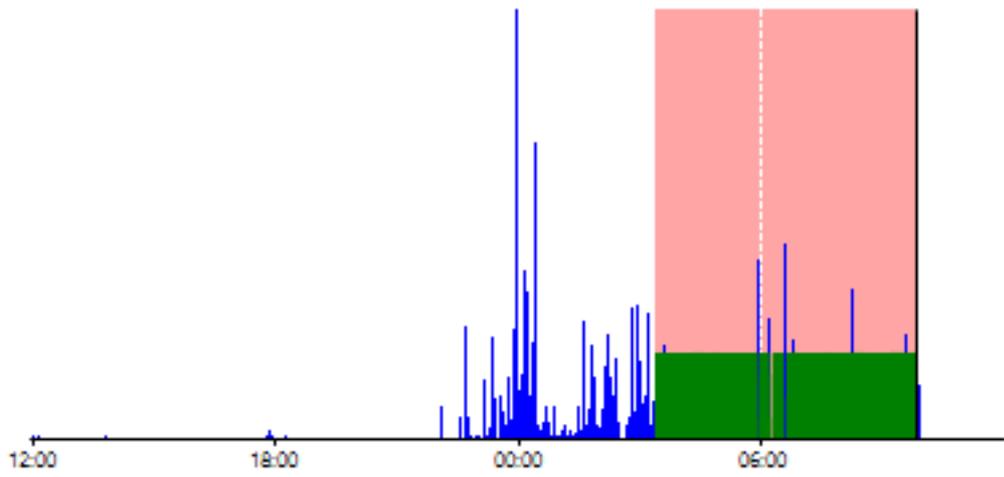
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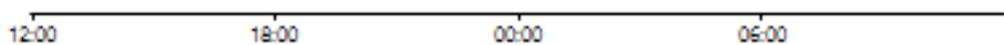
2024-05-29



2024-05-30



2024-05-31



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)
2024-05-29 01:16	2024-05-29 09:32	8	90.12%	496	447	41	24	1.71
2024-05-29 23:31	2024-05-30 07:27	3	90.13%	476	429	44	25	1.76
2024-05-31 03:23	2024-05-31 09:47	1	86.98%	384	334	49	26	1.88
01:23	08:55	4	89.08%	452	403.33	44.67	25	1.79

ActiGraph Sleep Report

Name: LH

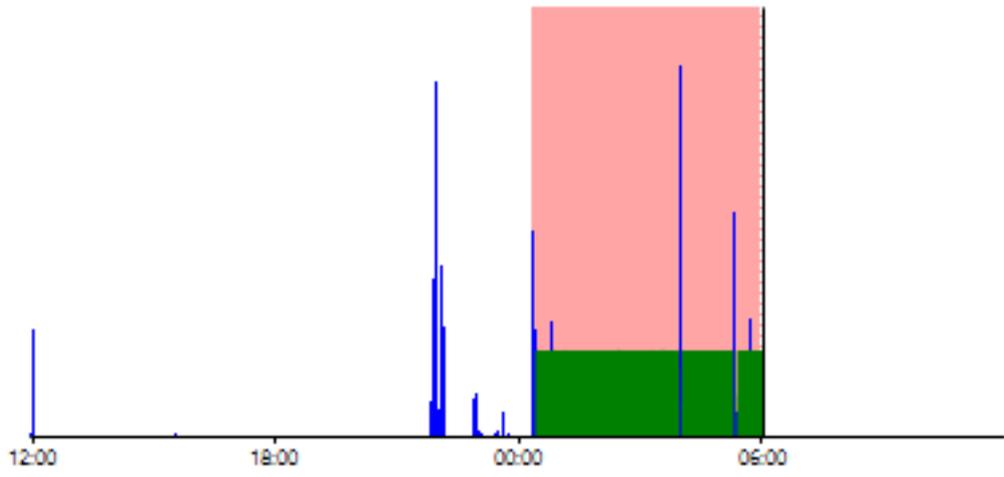
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Data End: 2024-05-17 09:59:00

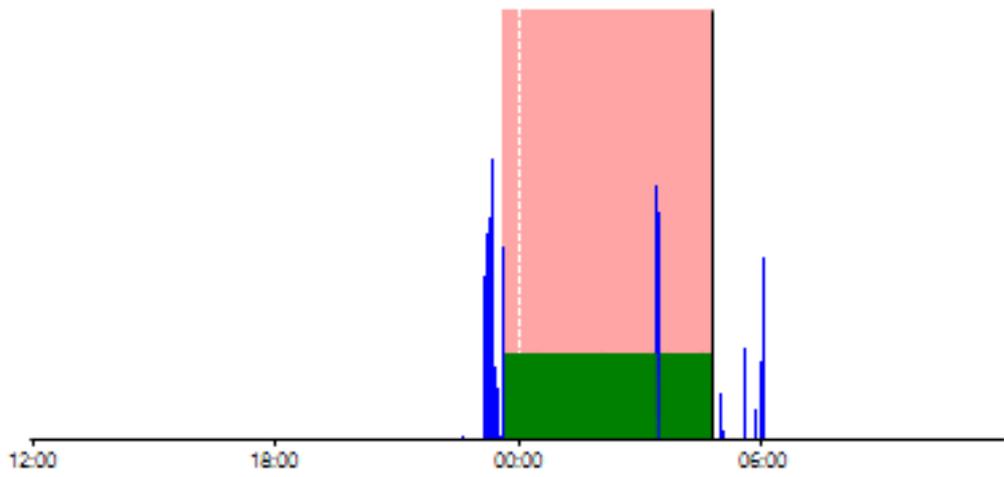
Weight: 84 kg

Device Serial: MOS2E36190133

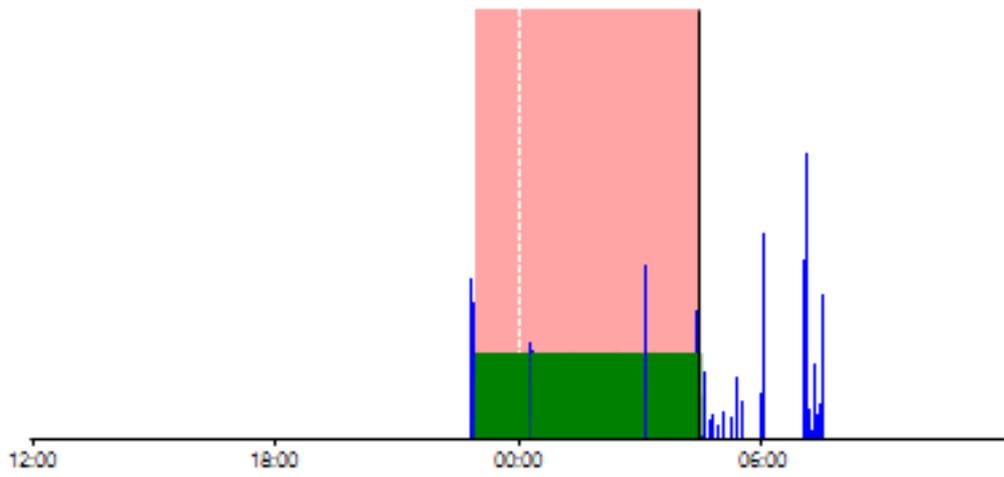
2024-05-14



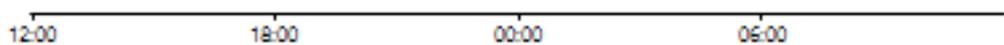
2024-05-15



2024-05-16



2024-05-17



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)
2024-05-15 00:21	2024-05-15 06:03	6	88.01%	342	301	35	16	2.19
2024-05-15 23:37	2024-05-16 04:45	5	91.56%	308	282	21	7	3
2024-05-16 22:56	2024-05-17 04:29	1	92.19%	333	307	25	9	2.78
23:38	05:05	4	90.59%	327.67	296.67	27	10.67	2.53

ActiGraph Sleep Report

Name: LH

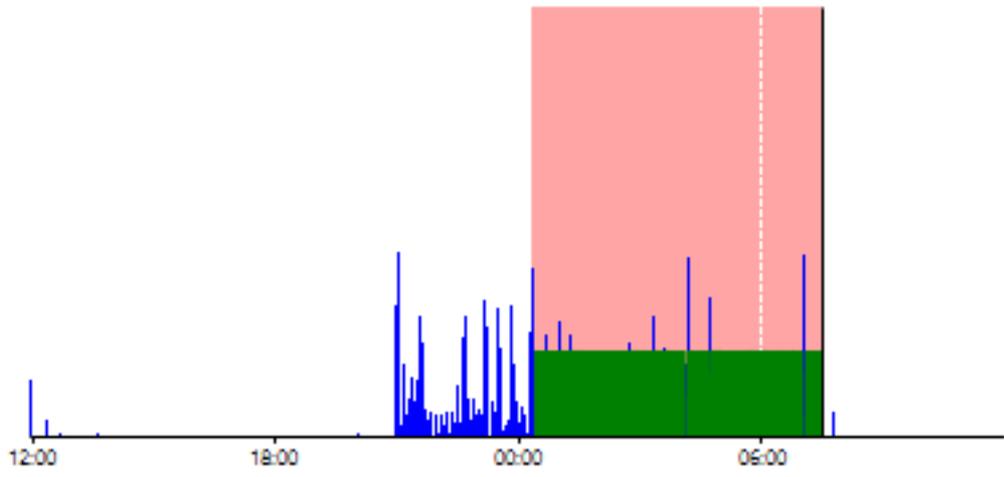
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Data End: 2024-07-01 08:23:00

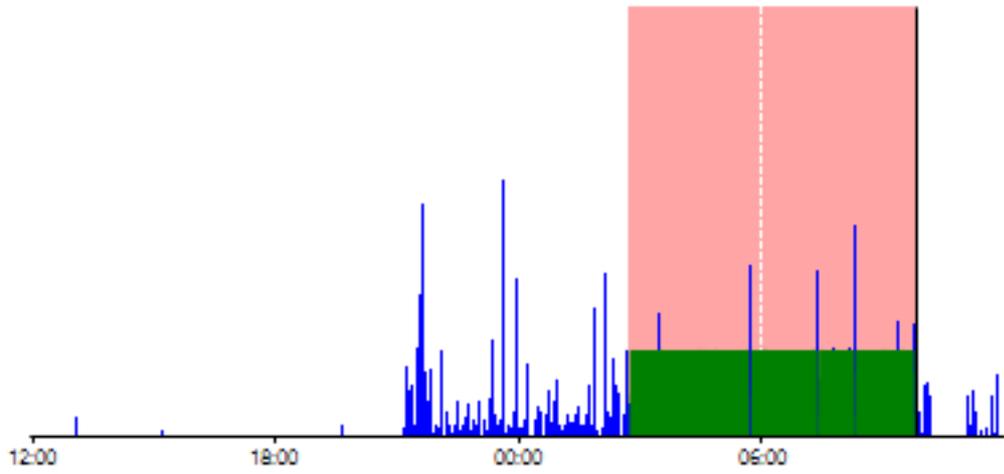
Weight: 52 kg

Device Serial: MOS2E11231049

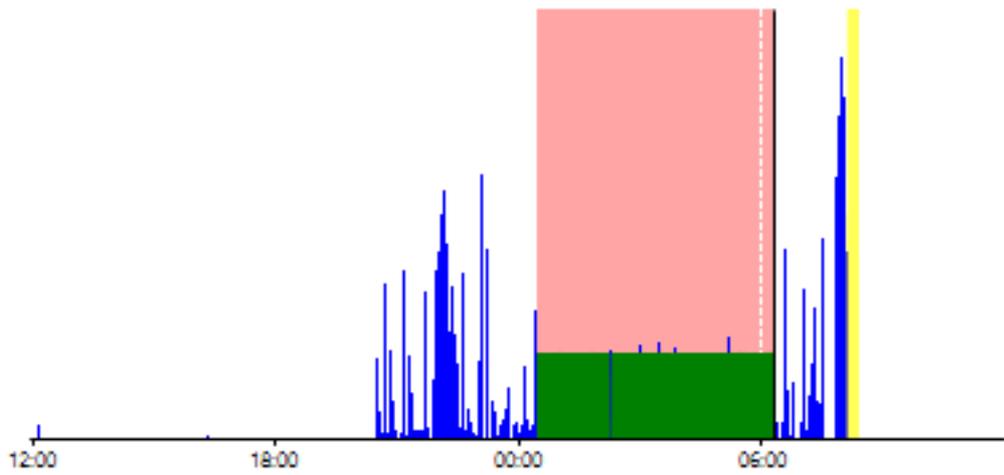
2024-06-28



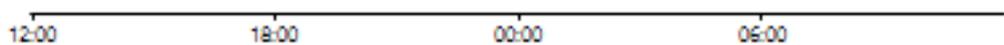
2024-06-29



2024-06-30



2024-07-01



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)
2024-06-29 00:21	2024-06-29 07:29	5	88.55%	428	379	44	28	1.57
2024-06-30 02:44	2024-06-30 09:47	2	88.65%	423	375	46	24	1.92
2024-07-01 00:29	2024-07-01 06:20	1	92.88%	351	326	24	14	1.71
01:11	07:52	2.67	90.03%	400.67	360	38	22	1.73

ActiGraph Sleep Report

Name: LH

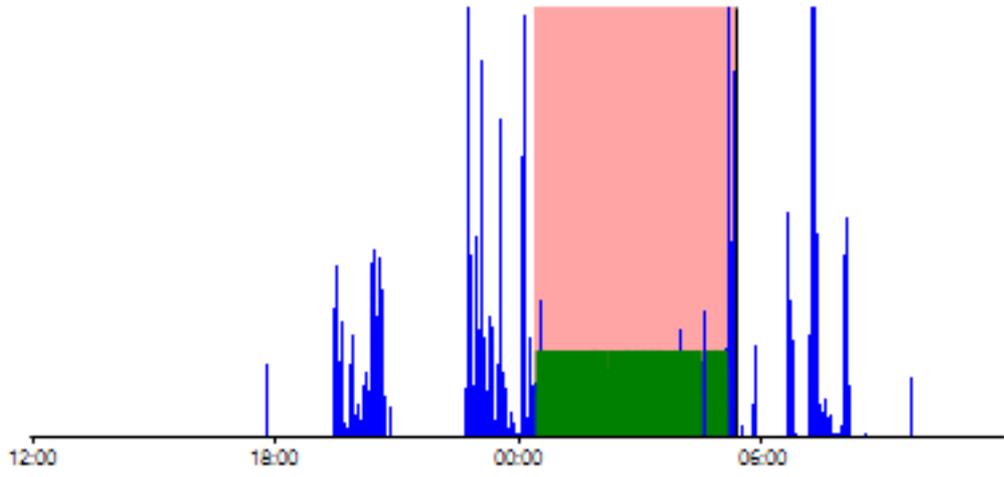
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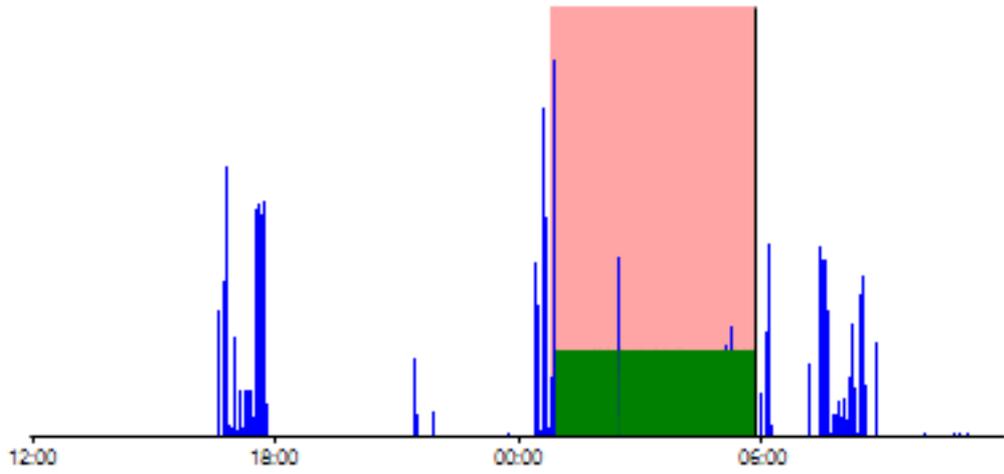
Weight: 52 kg

Device Serial: MOS2E12200541

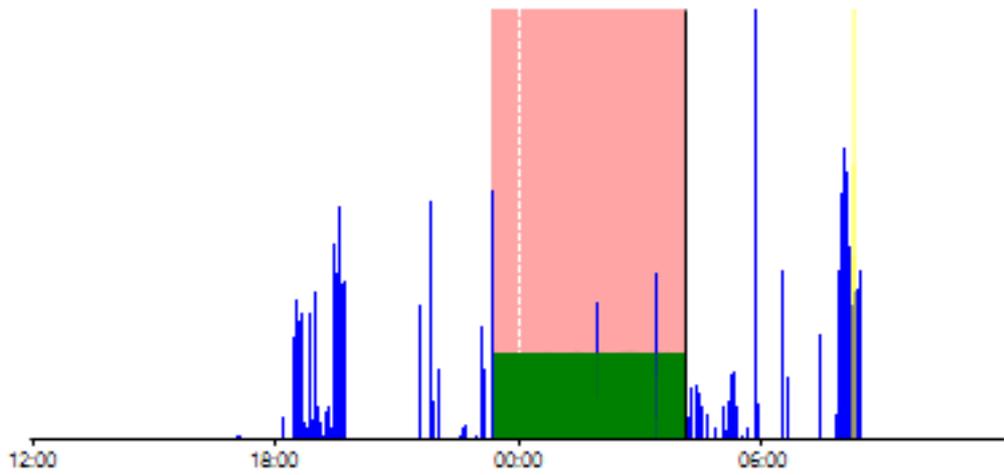
2024-06-12



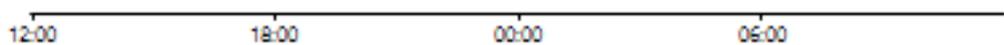
2024-06-13



2024-06-14



2024-06-15



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)
2024-06-13 00:25	2024-06-13 05:24	2	81.27%	299	243	54	22	2.45
2024-06-14 00:49	2024-06-14 05:49	9	88.67%	300	266	25	16	1.56
2024-06-14 23:21	2024-06-15 04:08	5	90.24%	287	259	23	16	1.44
00:11	05:07	5.33	86.73%	295.33	256	34	18	1.89

ActiGraph Sleep Report

Name: LY

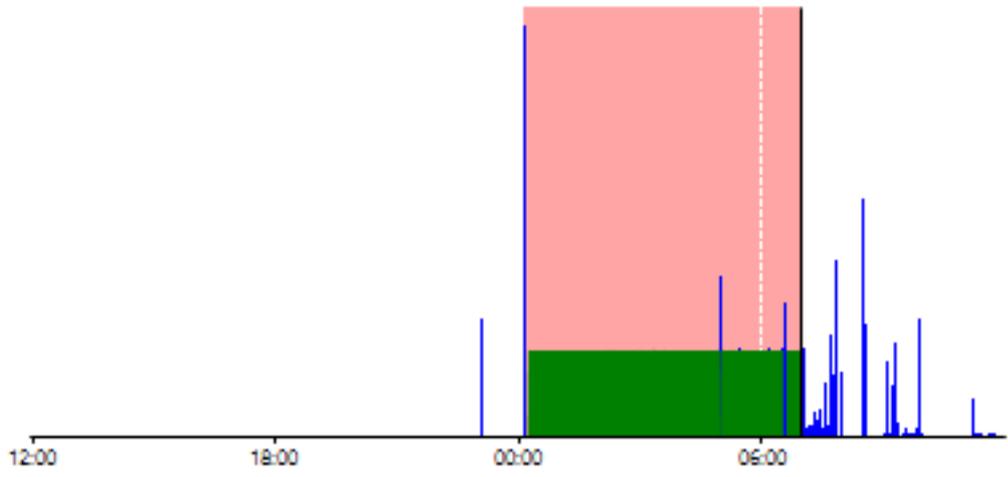
Data Start: 2024-07-04 10:00:00

Data End: 2024-07-07 09:59:00

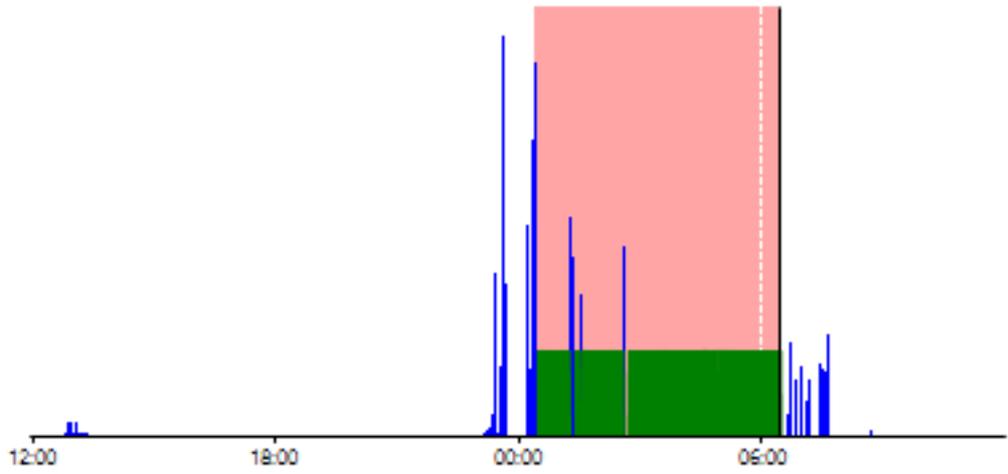
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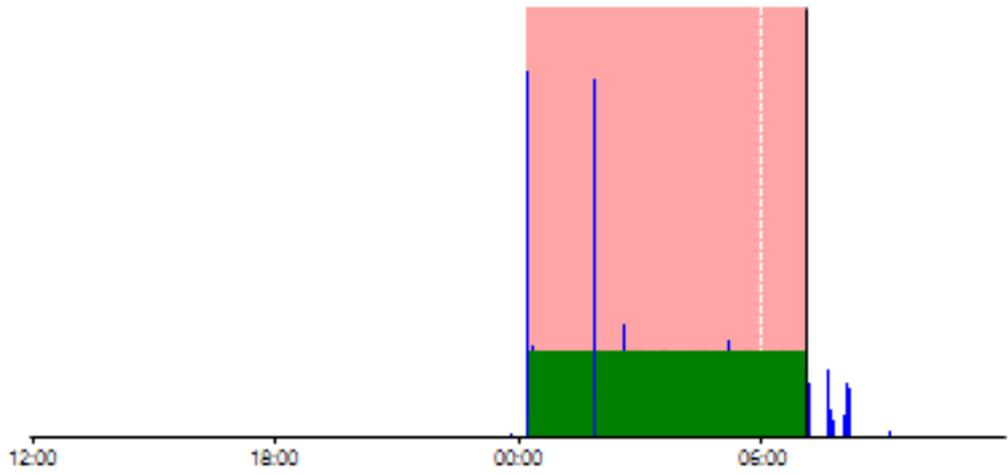
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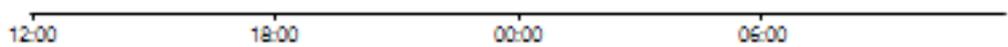
2024-07-05



2024-07-06



2024-07-07



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)
2024-07-05 00:08	2024-07-05 06:57	8	90.22%	409	369	32	15	2.13
2024-07-06 00:25	2024-07-06 06:28	5	89.81%	363	326	32	13	2.46
2024-07-07 00:12	2024-07-07 07:05	5	89.59%	413	370	38	23	1.65
00:15	06:50	6	89.87%	395	355	34	17	2

ActiGraph Sleep Report

Name: LY

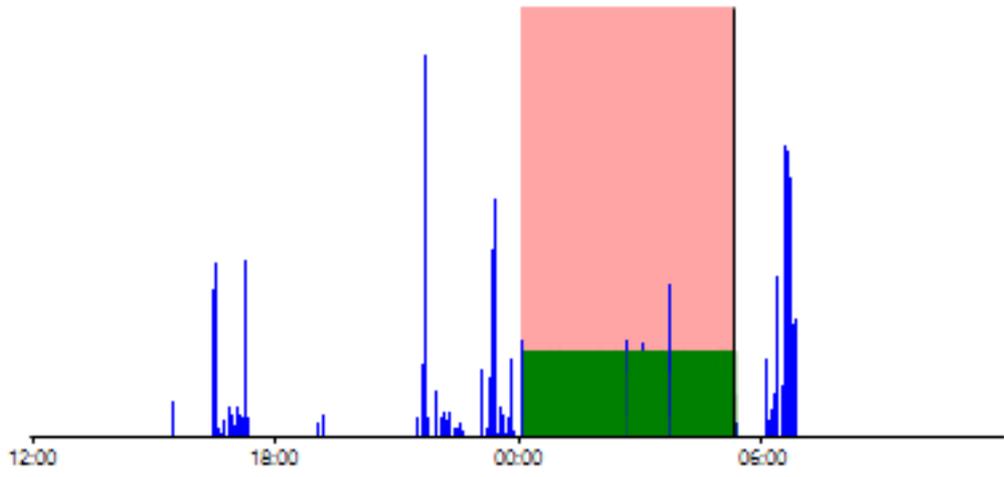
Data Start: 2024-06-11 11:00:00

Data End: 2024-06-14 09:59:00

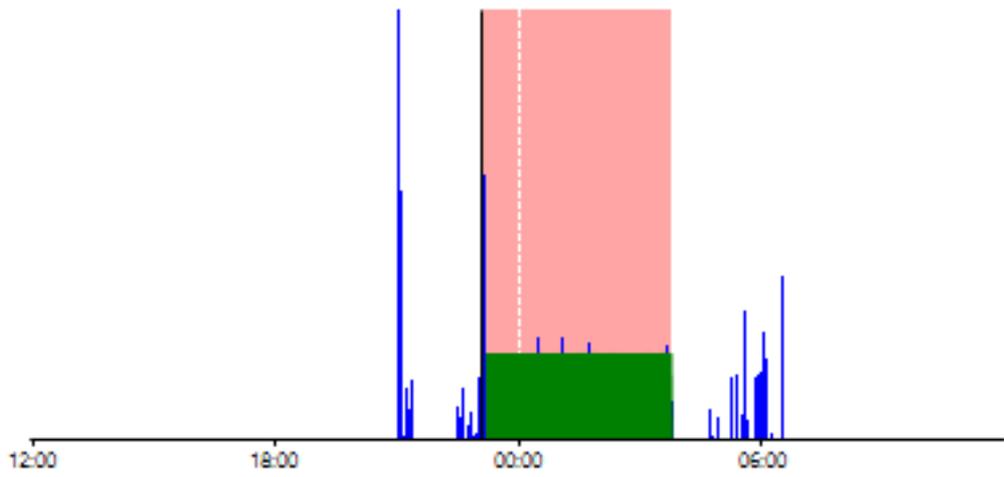
Weight: 76 kg

Device Serial: MOS2E36190133

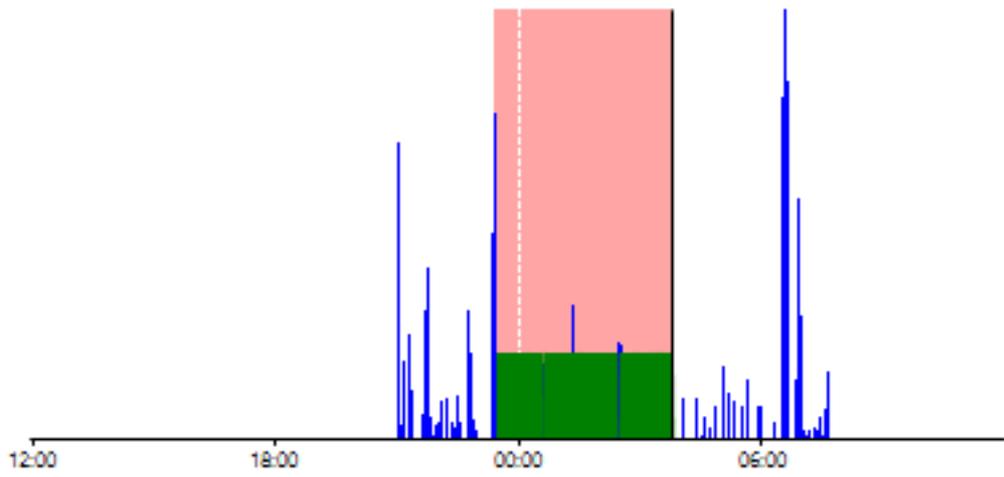
2024-06-11



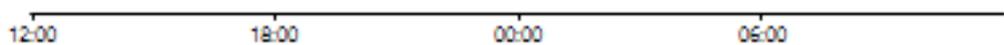
2024-06-12



2024-06-13



2024-06-14



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)
2024-06-12 00:06	2024-06-12 05:20	3	89.49%	314	281	30	16	1.88
2024-06-12 23:09	2024-06-13 03:48	5	90.68%	279	253	21	16	1.31
2024-06-13 23:27	2024-06-14 03:48	3	89.27%	261	233	25	13	1.92
23:34	04:18	3.67	89.81%	284.67	255.67	25.33	15	1.69

ActiGraph Sleep Report

Name: LJ

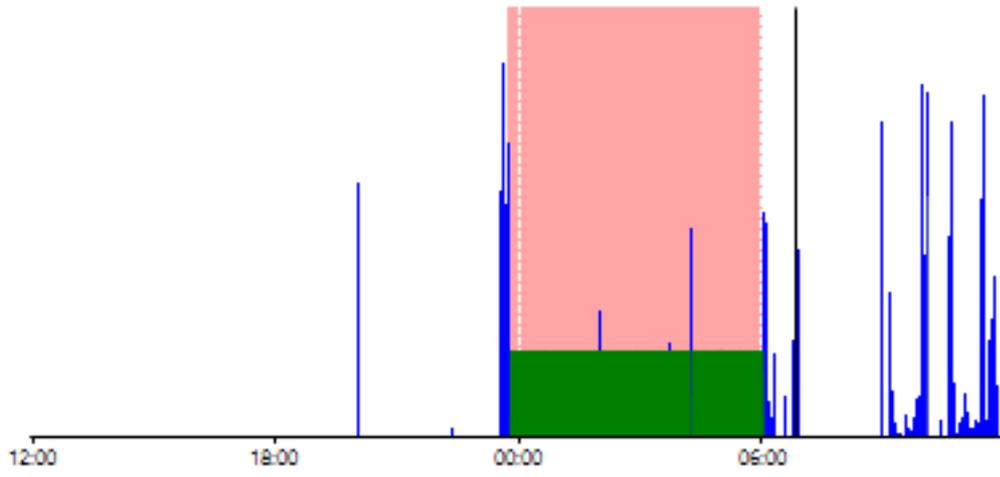
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Data End: 2024-07-14 09:59:00

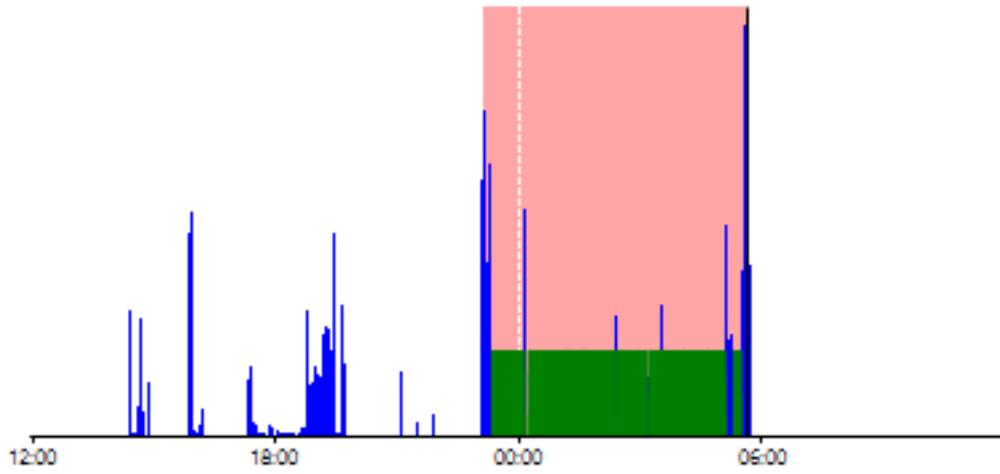
Weight: 53 kg

Device Serial: MOS2E36190132

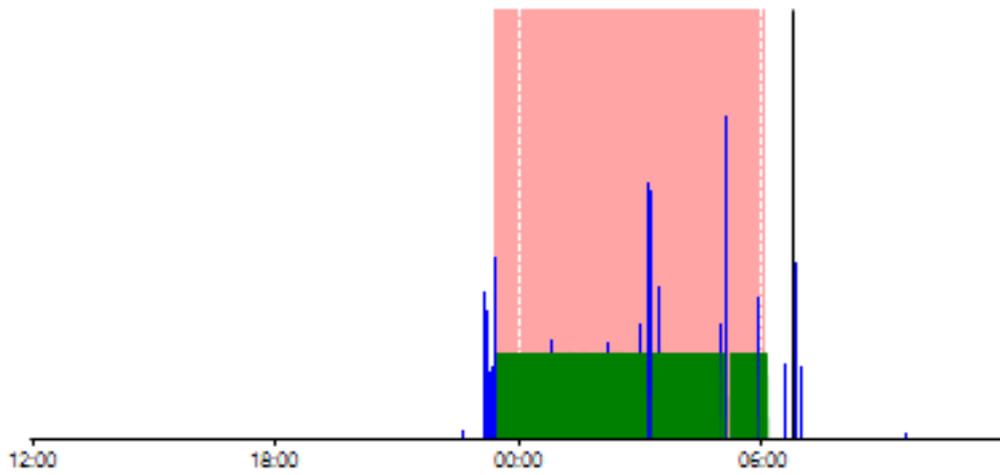
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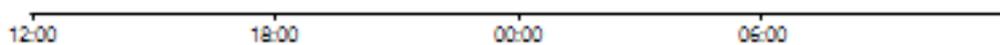
2024-07-12



2024-07-13



2024-07-14



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)
2024-07-11 23:46	2024-07-12 06:03	3	93.63%	377	353	21	12	1.75
2024-07-12 23:09	2024-07-13 05:37	14	84.02%	388	326	48	14	3.43
2024-07-13 23:27	2024-07-14 06:07	3	86%	400	344	53	17	3.12
23:27	05:55	6.67	87.88%	388.33	341	40.67	14.33	2.84

ActiGraph Sleep Report

Name: LJ

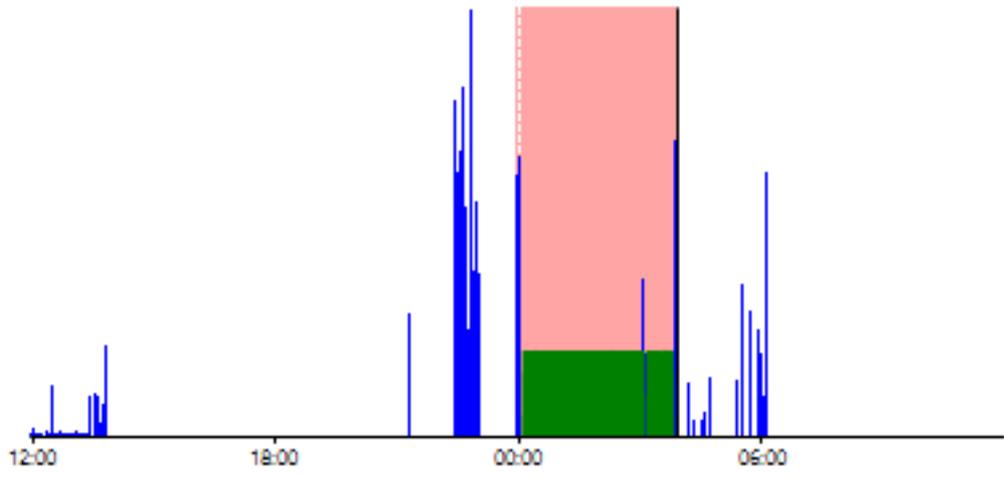
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Data End: 2024-06-14 09:18:00

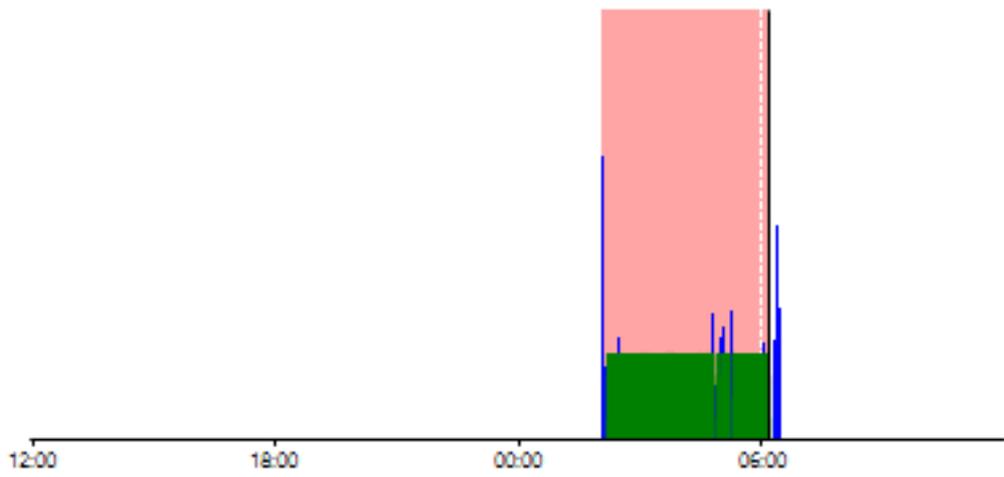
Weight: 53 kg

Device Serial: MOS2E11230658

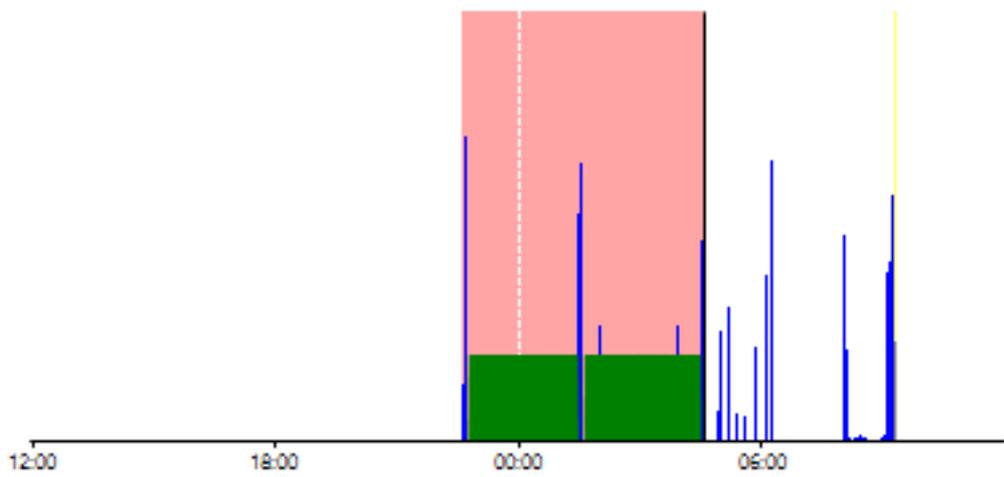
2024-06-11



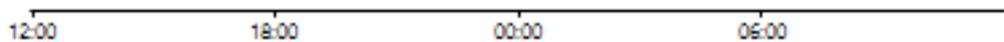
2024-06-12



2024-06-13



2024-06-14



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)
2024-06-11 23:58	2024-06-12 03:54	9	88.14%	236	208	19	6	3.17
2024-06-13 02:05	2024-06-13 06:11	6	82.52%	246	203	37	19	1.95
2024-06-13 22:38	2024-06-14 04:33	10	90.42%	355	321	24	9	2.67
00:13	04:52	8.33	87.03%	279	244	26.67	11.33	2.35

ActiGraph Sleep Report

Name: TSL

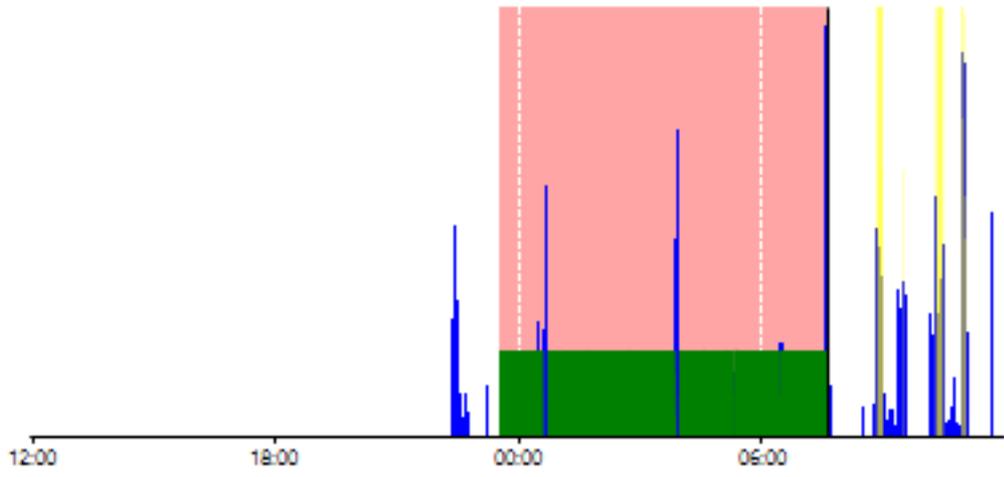
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Data End: 2024-07-20 09:59:00

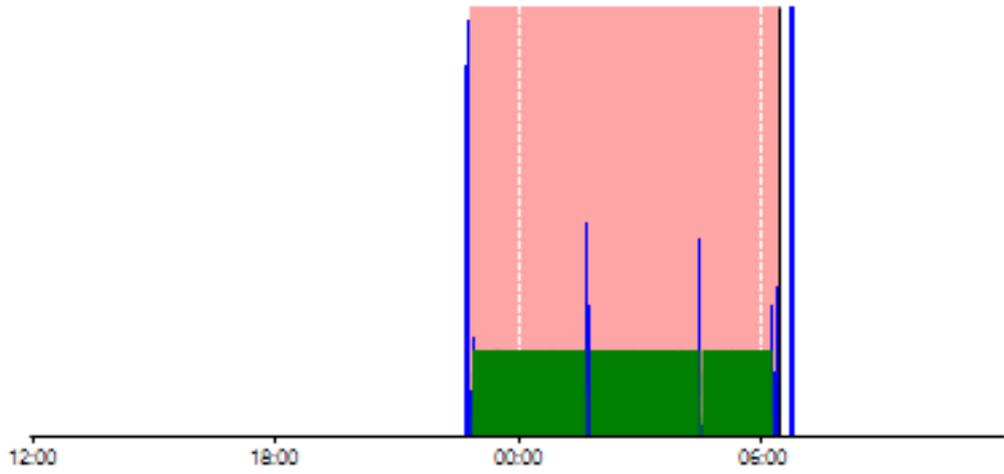
Weight: 48 kg

Device Serial: MOS2E11231057

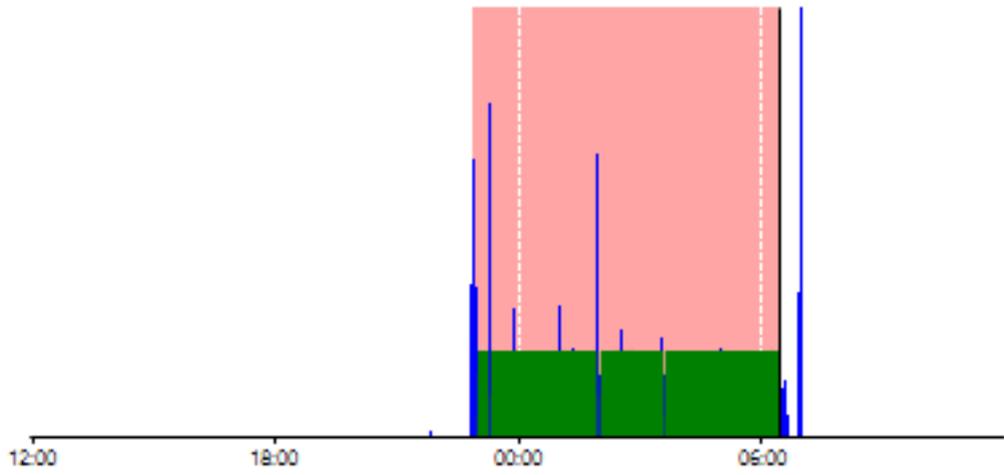
2024-07-17



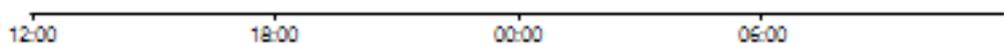
2024-07-18



2024-07-19



2024-07-20



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)
2024-07-17 23:33	2024-07-18 07:38	1	90.31%	485	438	46	14	3.29
2024-07-18 22:50	2024-07-19 06:26	3	90.79%	456	414	39	10	3.9
2024-07-19 22:54	2024-07-20 06:26	7	90.49%	452	409	36	16	2.25
23:05	06:50	3.67	90.53%	464.33	420.33	40.33	13.33	3.03

ActiGraph Sleep Report

Name: TSL

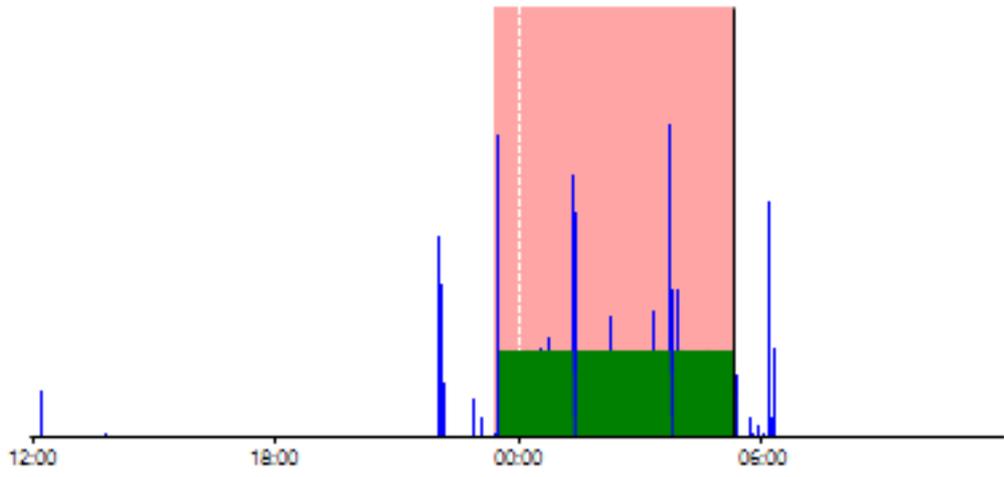
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Data End: 2024-07-05 08:45:00

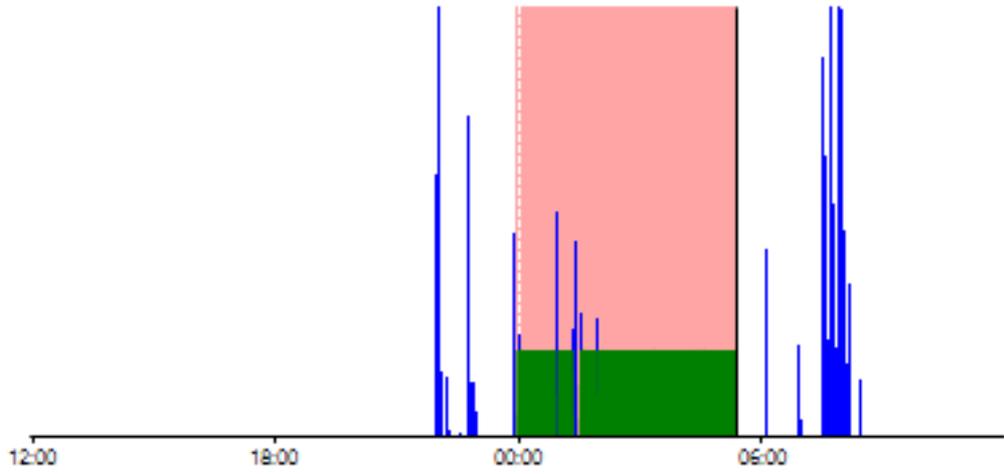
Weight: 46 kg

Device Serial: MOS2E11231049

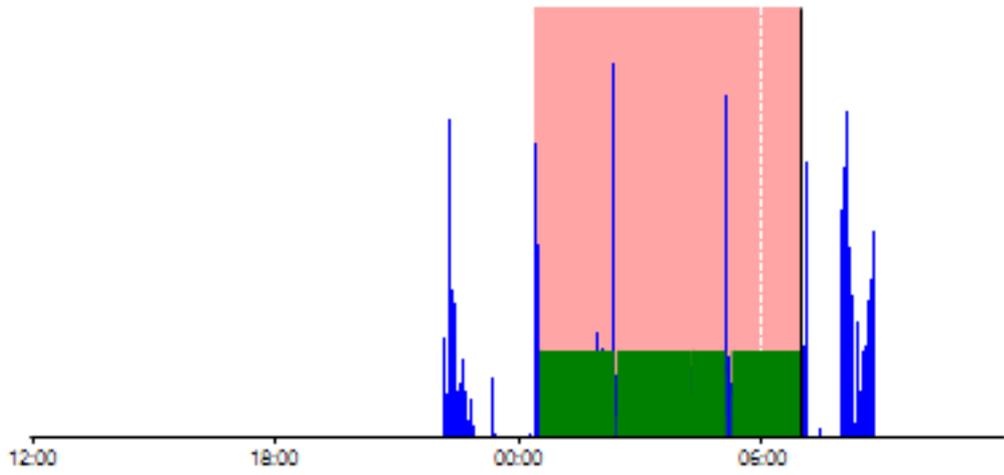
2024-07-02



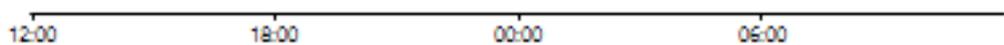
2024-07-03



2024-07-04



2024-07-05



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)
2024-07-02 23:27	2024-07-03 05:20	7	87.25%	353	308	38	19	2
2024-07-03 23:56	2024-07-04 05:22	3	88.34%	326	288	35	11	3.18
2024-07-05 00:25	2024-07-05 06:57	8	91.07%	392	357	27	8	3.38
23:56	05:53	6	88.89%	357	317.67	33.33	12.67	2.63