



Actigraphy Sleep Report

Report Date 23 Jul 25
Toolkit Version 1.1.0

Participant and Report Period Details

Participant	None	Age	124 years	Sex	Unknown	Device Serial Number	P100565
Data Start Time	01 Nov 23 11:40	Data End Time	08 Nov 23 11:38	Epoch Length	60 seconds		

Daily Sleep Statistics

Night of Date	Rest Start Time	Rest End Time	Rest Interval Duration (hh:mm)	Sleep Onset Time	Sleep End Time	Sleep Interval Duration (hh:mm)	Total Sleep Duration (hh:mm)	Sleep Efficiency (%)	Sleep Onset Latency (hh:mm)	WASO Duration (hh:mm)	WASO Count	Total Nap Duration (hh:mm)	Nap Count
01 Nov 23	00:17	07:42	07:25	00:18	07:41	07:23	06:57	93.7%	00:01	00:26	16	00:00	0
02 Nov 23	22:59	07:43	08:44	23:13	07:43	08:30	07:54	90.5%	00:14	00:36	26	00:00	0
03 Nov 23	23:24	08:29	09:05	23:31	08:27	08:56	08:23	92.3%	00:07	00:33	22	00:00	0
04 Nov 23	00:38	07:14	06:36	00:39	07:10	06:31	06:00	90.9%	00:01	00:31	21	00:00	0
05 Nov 23	21:34	07:42	10:08	21:34	07:42	10:08	09:25	92.9%	00:00	00:43	31	00:00	0
06 Nov 23	23:40	07:37	07:57	23:40	07:37	07:57	07:21	92.5%	00:00	00:36	28	00:00	0
07 Nov 23	23:27	07:39	08:12	23:27	07:37	08:10	07:18	89.0%	00:00	00:52	22	00:00	0

Summary Sleep Statistics

	Rest Start Time	Rest End Time	Rest Interval Duration (hh:mm)	Sleep Onset Time	Sleep End Time	Sleep Interval Duration (hh:mm)	Total Sleep Duration (hh:mm)	Sleep Efficiency (%)	Sleep Onset Latency (hh:mm)	WASO Duration (hh:mm)	WASO Count	Total Nap Duration (hh:mm)	Nap Count
Minimum	21:34	07:14	06:36	21:34	07:10	06:31	06:00	89.0%	00:00	00:26	16	00:00	0
Maximum	00:38	08:29	10:08	00:39	08:27	10:08	09:25	93.7%	00:14	00:52	31	00:00	0
Average	23:25	07:43	08:18	23:28	07:42	08:13	07:36	91.7%	00:03	00:36	23	00:00	0

Interpretation Notes



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