

User identification :

Start date : 09-Apr-1999

Start time :

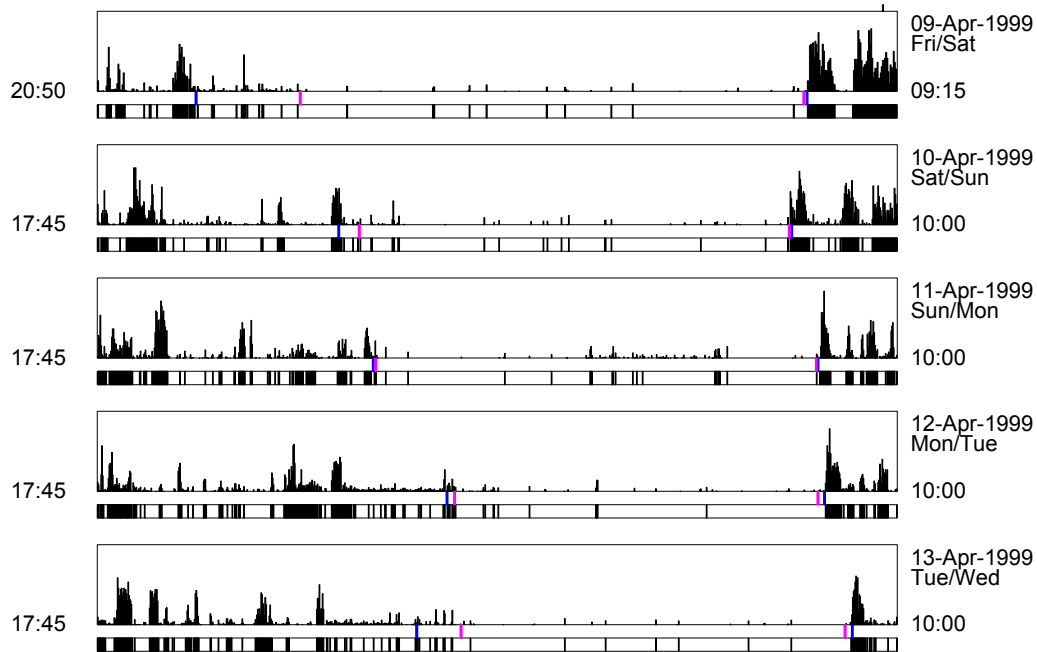
Epoch length : 1.0 (Mins)

Subject age :

Subject gender :

Watch serial number :

Sensitivity : MED (40)



Date	09-Apr-1999 Fri	10-Apr-1999 Sat	11-Apr-1999 Sun	12-Apr-1999 Mon	13-Apr-1999 Tue
Bed time	22:21	22:38	23:20	00:50	00:13
Get up time	07:50	07:50	08:22	08:30	09:04
Time in bed	09:29	09:12	09:02	07:40	08:51
Sleep start	23:58	23:03	23:23	00:59	01:07
Sleep end	07:47	07:47	08:20	08:22	08:55
Assumed sleep	07:49	08:44	08:57	07:23	07:48
Actual sleep time	07:39	08:24	08:36	07:12	07:41
Actual sleep (%)	97.9	96.2	96.1	97.5	98.5
Actual wake time	00:10	00:20	00:21	00:11	00:07
Actual wake (%)	2.1	3.8	3.9	2.5	1.5
Sleep efficiency	80.7	91.3	95.2	93.9	86.8
Sleep latency	01:37	00:25	00:03	00:09	00:54
Sleep bouts	10	16	14	9	8
Wake bouts	9	15	14	8	7
Mean sleep bout time	00:45:54	00:31:30	00:36:51	00:48:00	00:57:37
Mean wake bout time	00:01:07	00:01:20	00:01:30	00:01:22	00:01:00
Immobile mins	449.0	483.0	469.0	407.0	452.0
Immobile time (%)	95.7	92.2	87.3	91.9	96.6
Moving mins	20.0	41.0	68.0	36.0	16.0
Moving time (%)	4.3	7.8	12.7	8.1	3.4
No. immobile phases	17	31	47	28	15
Mean length immobility	26.4	15.6	10.0	14.5	30.1
1 Minute immobility	1	5	10	4	0
1 Min immobility (%)	5.9	16.1	21.3	14.3	0.0
Total activity score	759	1793	2309	1100	523
Mean activity score	1.62	3.42	4.30	2.48	1.12
Mean score in active	37.95	43.73	33.96	30.56	32.69
Fragmentation index	10.2	23.9	34.0	22.4	3.4