

Sleep Report for: C:\Documents and Settings\Hayato\My Documents\ActiGraph\ActiLife\DataFiles\HKAtlanta.agd

In Bed Date	In Bed Time	Out Bed Date	Out Bed Time	Onset Date	Onset Time	Latency	Total Counts	Efficiency	Total Minutes in Bed	Total Sleep Time (TST)	Wake After Sleep Onset (WASO)	Number of Awakenings	Average Awakening Length
2009/10/5	21:57	2009/10/6	6:17	2009/10/5	22:07	10	55791	79.4	500	397	93	21	4.9
2009/10/6	23:30	2009/10/7	6:20	2009/10/6	23:37	7	22729	92.2	410	378	25	12	2.67
2009/10/7	23:45	2009/10/8	6:00	2009/10/7	23:45	0	69058	69.87	375	262	113	24	4.71
2009/10/8	21:53	2009/10/9	7:00	2009/10/8	21:58	5	25708	97.62	547	534	8	1	13
2009/10/9	23:50	2009/10/10	8:00	2009/10/9	23:50	0	44306	83.67	490	410	80	26	3.08
2009/10/10	22:38	2009/10/11	5:26	2009/10/10	22:39	1	47229	75	408	306	101	25	4.08
2009/10/12	0:18	2009/10/12	7:24	2009/10/12	0:19	1	44249	81.22	426	346	79	16	5
2009/10/13	10:58	2009/10/13	19:52	2009/10/13	11:03	5	45832	83.9	534	448	81	27	3.19
2009/10/15	12:56	2009/10/15	19:56	2009/10/15	12:56	0	96666	62.23	421	262	159	23	6.91