

Report

Created for : Joss
Date created : 09/07/2012
Data file : week26m.csv

Subject Information

Subject code : jl
Date of birth : 01/01/1900
Sex :
Height :
Weight :
BMI :
Handedness :

Trial Information

Original sample frequency (Hz) : 100
Device location : left wrist
Start time : 2012-06-22 10:01
End time : 2012-06-29 09:59
Elapsed time (days) : 7.0
Total wear time (days) : 0.0
Study centre : 365
Study code :
Exercise type :

Baselines

Sedentary to light cut-off : 483
Light to moderate cut-off : 678
Moderate to vigorous cut-off : 2264
Sleep sensitivity : 8

Notes No body or age metric collected

Midnight ← → Midnight



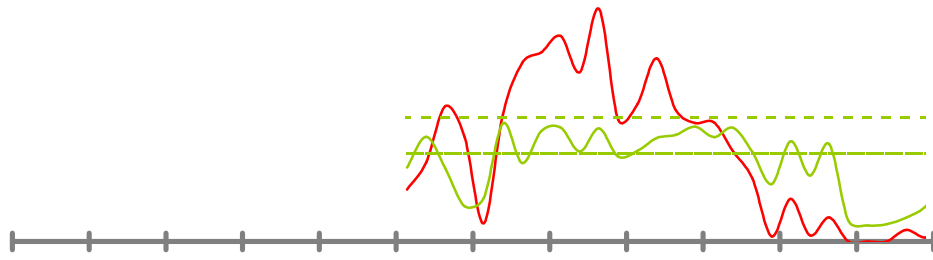
----- Sedentary to light cut off - - - - - Light to moderate cut off - - - - - Moderate to vigorous cut off

Light

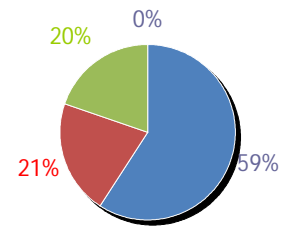
Activity

Activity Summary

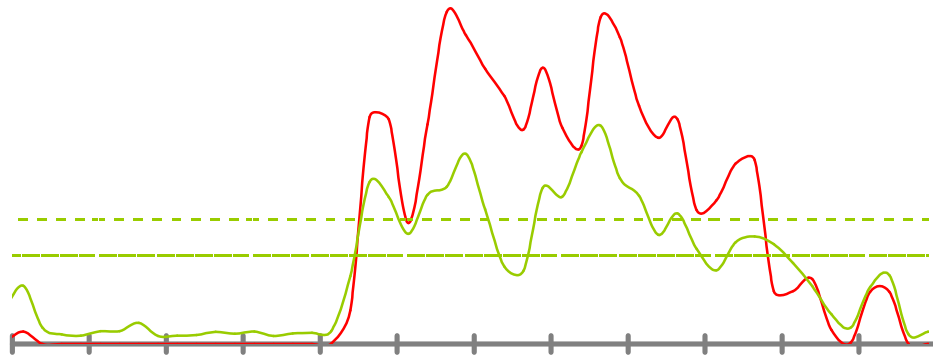
Friday (2012-06-22)



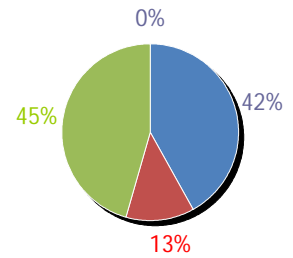
■ Sedentary ■ Light ■ Moderate ■ Vigorous



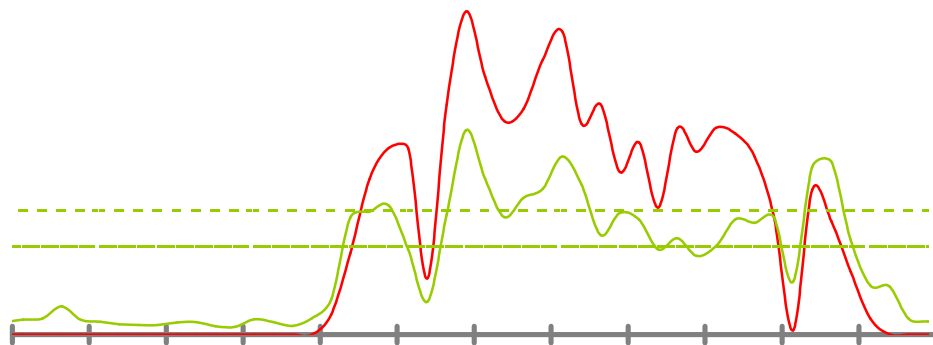
Saturday (2012-06-23)



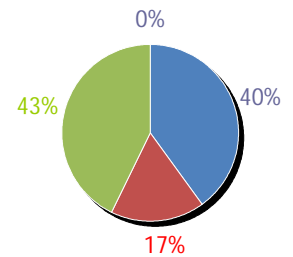
■ Sedentary ■ Light ■ Moderate ■ Vigorous



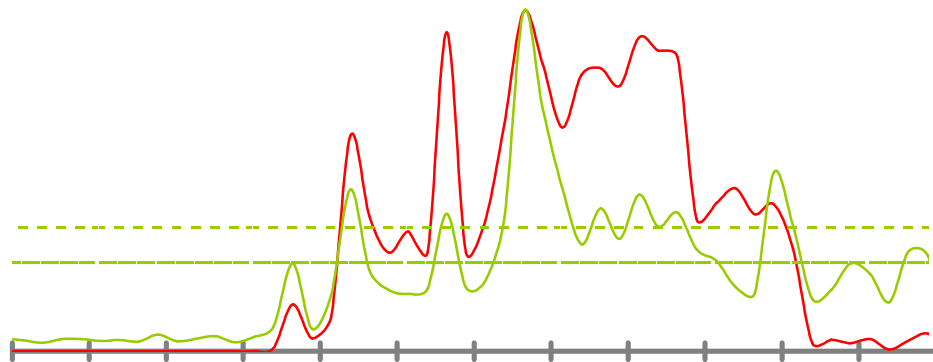
Sunday (2012-06-24)



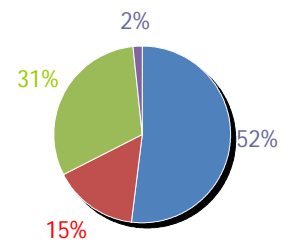
■ Sedentary ■ Light ■ Moderate ■ Vigorous



Monday (2012-06-25)



■ Sedentary ■ Light ■ Moderate ■ Vigorous



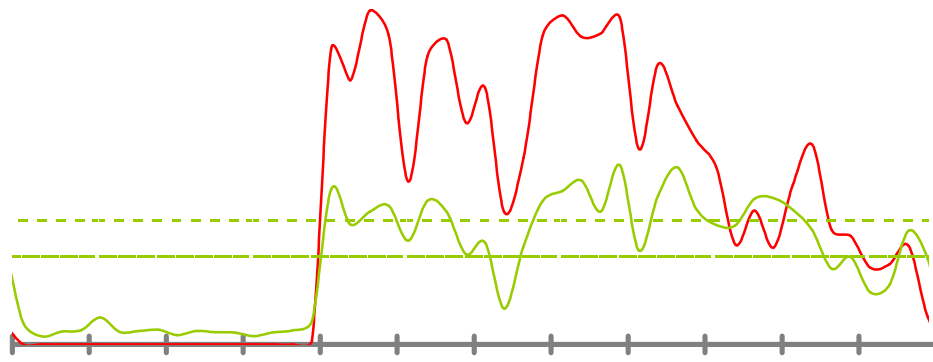
Tuesday (2012-06-26)

Midnight ← → Midnight



----- Sedentary to light cut off - - - - - Light to moderate cut off - - - - - Moderate to vigorous cut off

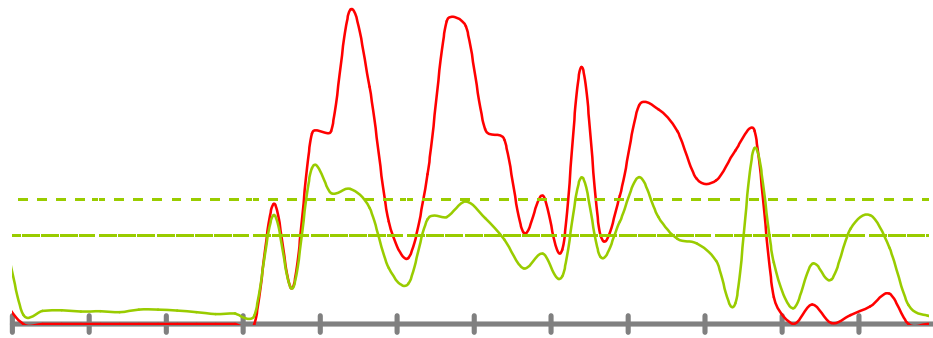
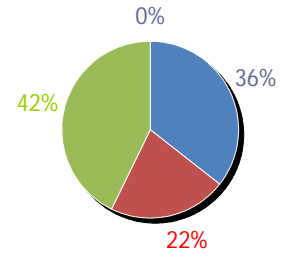
Light **Activity**



Wednesday (2012-06-27)

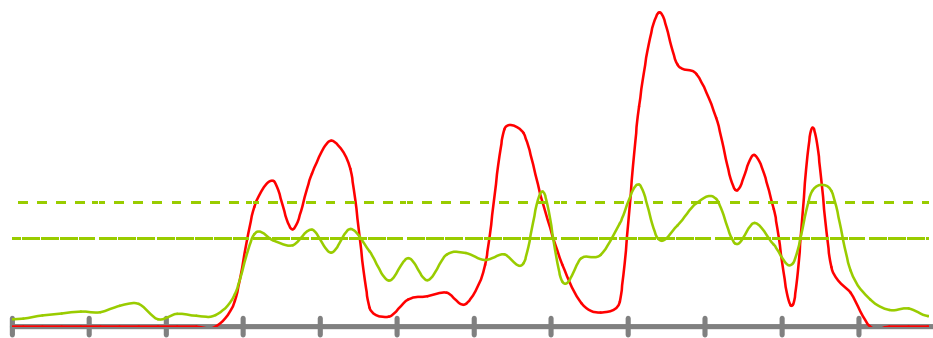
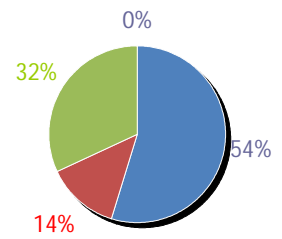
Activity Summary

■ Sedentary ■ Light ■ Moderate ■ Vigorous



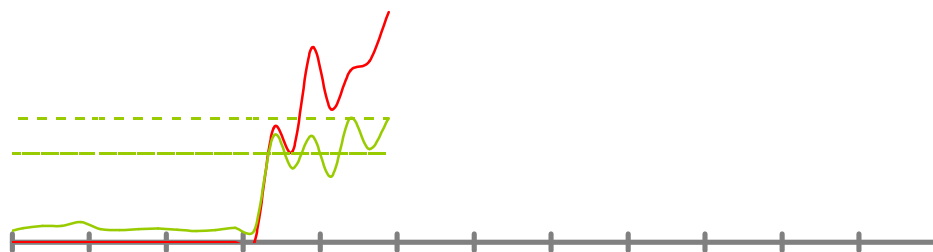
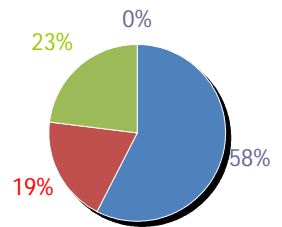
Thursday (2012-06-28)

■ Sedentary ■ Light ■ Moderate ■ Vigorous

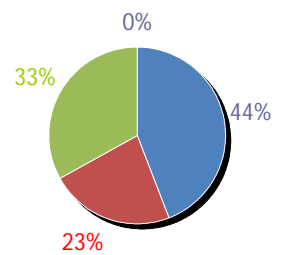


Friday (2012-06-29)

■ Sedentary ■ Light ■ Moderate ■ Vigorous



■ Sedentary ■ Light ■ Moderate ■ Vigorous

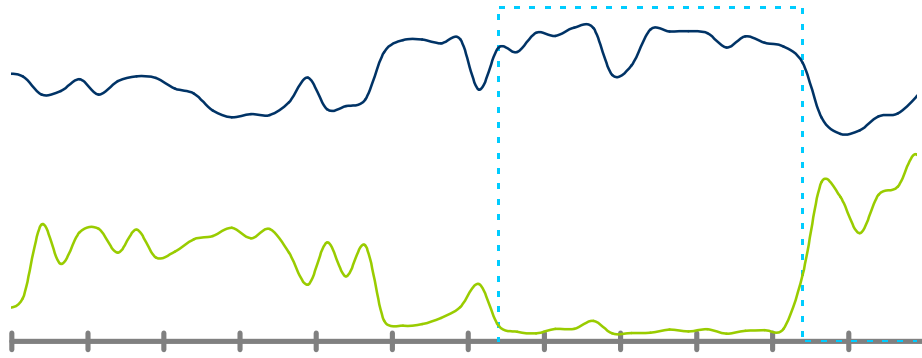


Noon ← → Noon (next day)



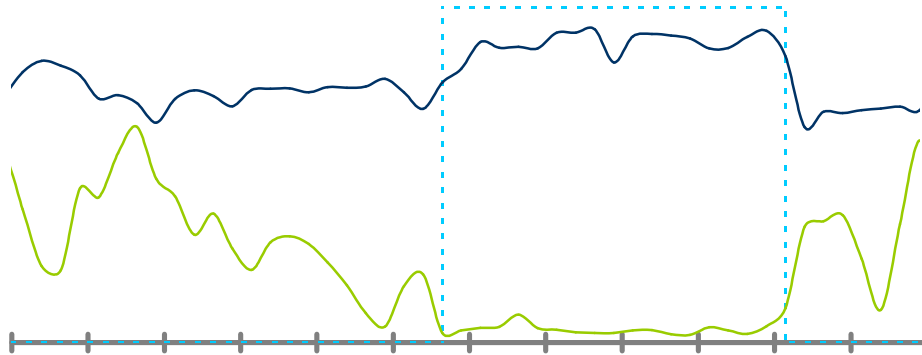
Temp Sleep Activity

Friday night (2012-06-22)



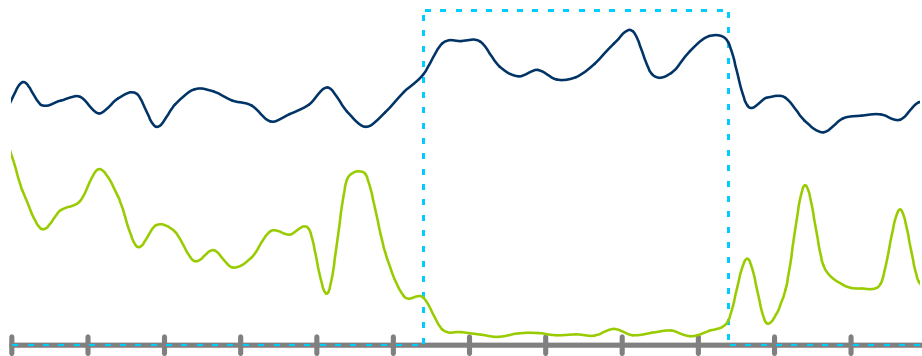
Sleep period start	00:30
Sleep period end	08:27
Elapsed sleep period	8.0 hrs
Total sleep time	7.7 hrs
Sleep efficiency	96.4%
# Activity periods	5
Median activity period	3.0 mins

Saturday night (2012-06-23)



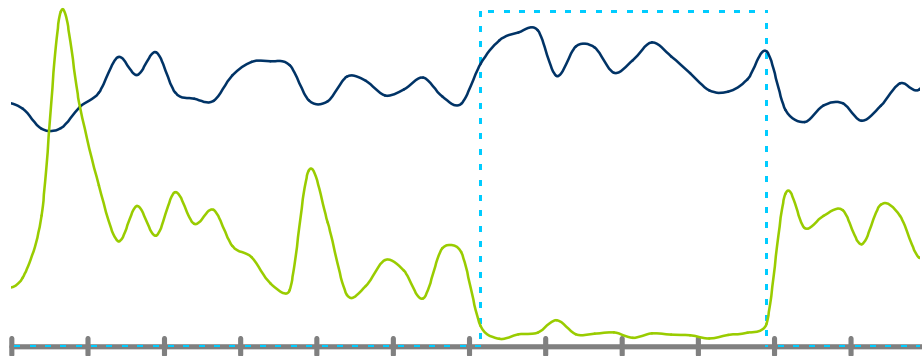
Sleep period start	23:01
Sleep period end	08:08
Elapsed sleep period	9.1 hrs
Total sleep time	7.7 hrs
Sleep efficiency	83.9%
# Activity periods	10
Median activity period	7.5 mins

Sunday night (2012-06-24)



Sleep period start	22:50
Sleep period end	06:32
Elapsed sleep period	7.7 hrs
Total sleep time	7.0 hrs
Sleep efficiency	91.1%
# Activity periods	8
Median activity period	4.0 mins

Monday night (2012-06-25)



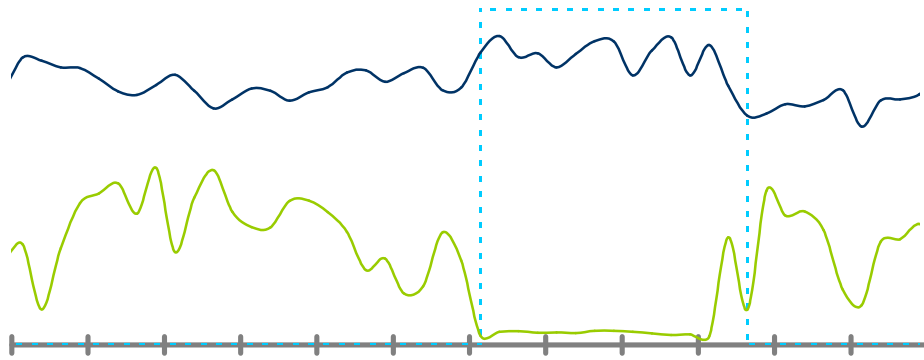
Sleep period start	00:24
Sleep period end	07:26
Elapsed sleep period	7.0 hrs
Total sleep time	6.1 hrs
Sleep efficiency	86.5%
# Activity periods	8
Median activity period	5.5 mins

Noon ← → Noon (next day)

Temp Sleep Activity

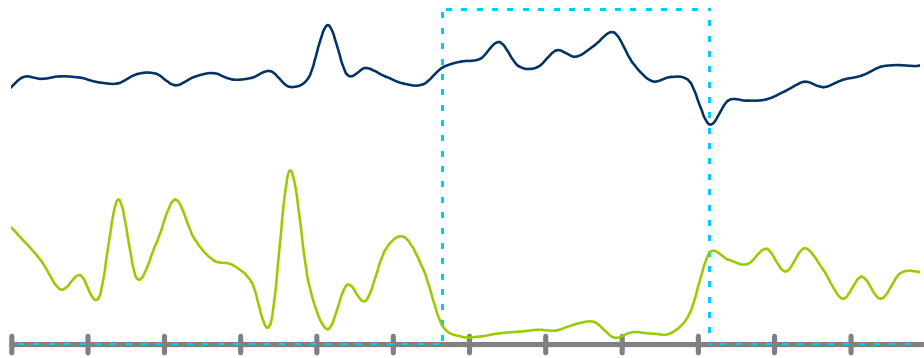


Tuesday night (2012-06-26)



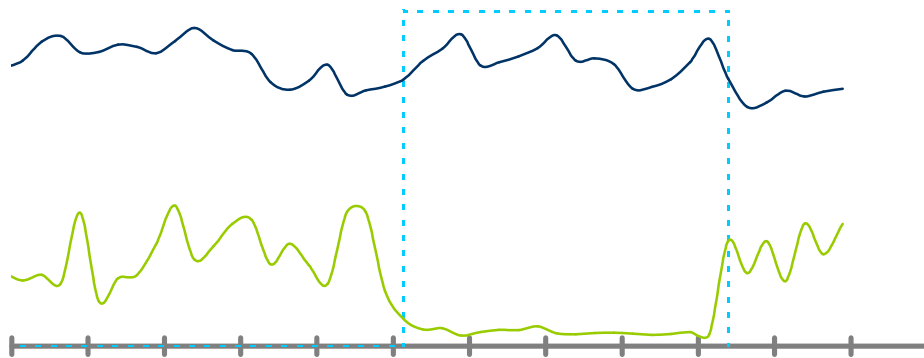
Sleep period start	00:03
Sleep period end	06:33
Elapsed sleep period	6.5 hrs
Total sleep time	6.2 hrs
Sleep efficiency	94.6%
# Activity periods	4
Median activity period	3.5 mins

Wednesday night (2012-06-27)



Sleep period start	23:02
Sleep period end	06:06
Elapsed sleep period	7.1 hrs
Total sleep time	6.2 hrs
Sleep efficiency	87.5%
# Activity periods	10
Median activity period	4.5 mins

Thursday night (2012-06-28)



Sleep period start	22:13
Sleep period end	06:25
Elapsed sleep period	8.2 hrs
Total sleep time	6.9 hrs
Sleep efficiency	84.3%
# Activity periods	14
Median activity period	4.0 mins

Saturday night (2012-06-29)



Summary



Out of Bed time	Wake duration (mins)	Non wear time (mins)	Sedentary activity time (mins)	Light activity time (mins)	Moderate activity time (mins)	Vigorous activity time (mins)	Sedentary activity %	Light activity %	Moderate activity %	Vigorous activity %	Sedentary activity estimated MET.mins	Light activity estimated MET.mins	Moderate activity estimated MET.mins	Vigorous activity estimated MET.mins	Vigorous periods (> 10 mins)	Total light exposure	Going to bed time	Bed duration (mins)	Non wear time (mins)	Total Sleep time (mins)	Sleep efficiency	# Activity periods	Median activity period (mins)	
	802	0	475	169	158	0	59.2%	21.1%	19.7%	0.0%	626	406	537	0	-	71540	Fri 2012-06-22 day							
																	night	22:22	605	0	460	96%	5	3.0
08:27	863	0	361	110	391	1	41.8%	12.7%	45.3%	0.1%	455	276	1442	7	-	143565	Sat 2012-06-23 day							
																	night	22:50	567	0	459	84%	10	7.5
08:17	870	0	348	149	372	1	40.0%	17.1%	42.8%	0.1%	479	372	1341	7	1	136001	Sun 2012-06-24 day							
																	night	22:47	472	0	421	91%	8	4.0
06:39	1041	0	541	161	323	16	52.0%	15.5%	31.0%	1.5%	729	395	1219	110	-	140134	Mon 2012-06-25 day							
																	night	00:16	436	0	365	86%	8	5.5
07:32	1001	0	356	216	429	0	35.6%	21.6%	42.9%	0.0%	504	544	1524	0	-	185173	Tue 2012-06-26 day							
																	night	23:57	396	0	369	95%	4	3.5
06:33	989	0	540	134	315	0	54.6%	13.5%	31.9%	0.0%	655	335	1104	0	-	126831	Wed 2012-06-27 day							
																	night	23:02	424	0	371	88%	10	4.5
06:06	966	0	556	188	222	0	57.6%	19.5%	23.0%	0.0%	810	465	756	0	-	104034	Thu 2012-06-28 day							
																	night	22:12	493	0	415	84%	14	4.0
06:25	215	0	95	49	71	0	44.2%	22.8%	33.0%	0.0%	128	122	238	0	-	30921	Fri 2012-06-29 day							
																	night							