

## Study Results

Thank you for taking part in our study of daytime activity and sleep. This report shows your activity and sleep during the study, as recorded by the device you wore on your wrist. After we picked up your wrist device, we transferred the arm movement information on it to a computer. A computer program then used that information to estimate when you were asleep, when you were awake, and how active you were while you were awake.

Please note that study staff are researchers, not medical doctors. These data were collected for research, not clinical, purposes. If you have concerns about your results, you may show this report to your doctor.

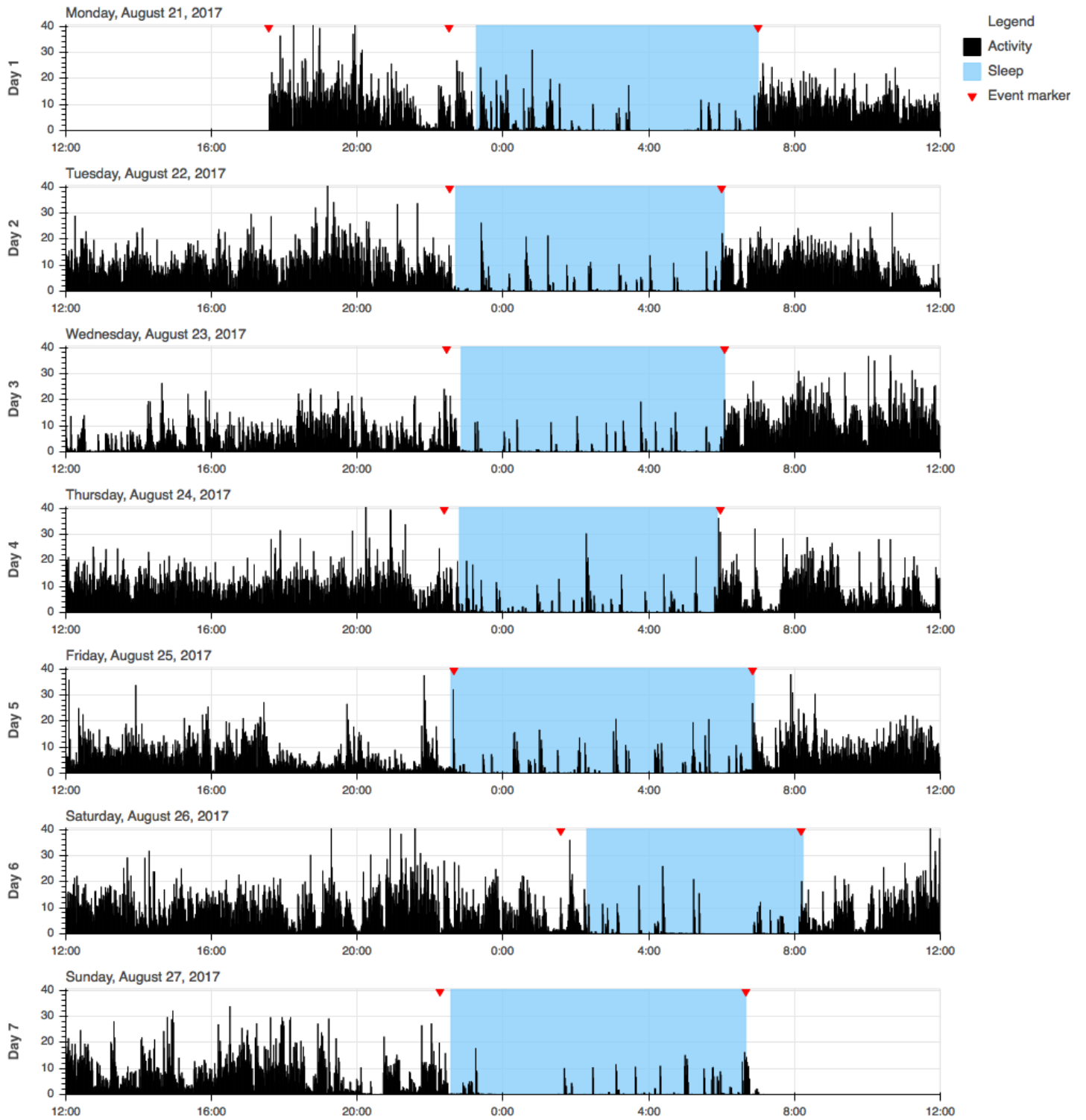
The graphs on the next page are a picture of your activity each day during the study period. Each 24 hour day is divided into 1,440 one minute periods. The height of the black bar in each of these periods represents how active you were during that minute. Taller bars represent more movement.

The red triangles along the top mark the times when you pressed the button on the wrist device. The computer program uses your activity patterns to identify your main sleep period each night. Main sleep periods are marked in blue. Any naps show up as low activity periods during the day, but are not marked in blue. People usually move some during their main sleep period. Black bars during your main sleep time may mean you moved around in your sleep or that you were awake.

After the graph is a table called "Daily Statistics." The daily statistics show the times you woke up and fell sleep for each full day during the study. For each full day you can see the percent of time you were active at a moderate or high rate, and the percent of time you were sitting or active at a low rate. In the next column of the table, you see an estimate for the total hours you slept each day. Finally, the last column shows you an estimate of the total minutes you were awake during your main sleep period after you first went to sleep. Each column is described in the key under the table.

Thank you again for helping with our study. We hope you find these results interesting!

### Actogram



## Daily Statistics

Day	Time woke up	Percent of time in moderate or high activity	Percent of time in very low activity or sedentary	Time fell asleep	Total sleep time in hours	Total awake time after sleep onset in minutes
08/21/2017				11:16 PM	6.6	68
08/22/2017	07:00 AM	21%	79%	10:42 PM	7.1	17
08/23/2017	06:04 AM	7%	93%	10:51 PM	7.2	3
08/24/2017	06:05 AM	23%	77%	10:48 PM	7.0	8
08/25/2017	05:53 AM	12%	88%	10:34 PM	7.6	43
08/26/2017	06:54 AM	16%	84%	02:18 AM	5.5	24
08/27/2017	08:14 AM	20%	80%	10:34 PM	8.0	9
Average		16%	84%		7.0	25

Note: The first and last days of the study during which only partial data were collected are not shown. Naps are included as part of daily activity.

**Key:**

Time woke up: The time you woke up, as estimated based on your arm movement.

Percent time in moderate or high activity: The percentage of time during the day that you were engaged in moderate or vigorous activities.

Percent time in very low activity or sedentary: The percentage of time during the day that you were sitting or not active. This may include naps.

Time fell asleep: The time you fell asleep, as estimated based on your arm movement.

Total sleep time in hours: The total number of hours that you were asleep during your main sleep period, as estimated based on your arm movement. This does *not* include daytime naps.

Total awake time after sleep onset in minutes: The number of minutes during your main sleep period that you were awake.