

Actigraphy Report

SUBJECT INFORMATION

Subject ID : Daniel Vartanian
Date of Birth : 20/09/1985 **Age :** 35 **Gender :** Male **Body Part :** Left Wrist
Recording Period : 24/04/2021 04:14:25 - 30/05/2021 03:39:06 - 36 days
Requesting Physician : **Identifier :**

INDICATIONS FOR USE

Attribution 4.0 International license (CC BY 4.0)

This data can be used freely, with the exception of uses that end up harming myself (Daniel Vartanian) or others.

For questions regarding this report send an email to `danvartan@gmail.com`.

SUMMARY STATISTICS

	Bed Time	Get Up Time	Time in Bed (hours)	Total Sleep Time (hours)	Onset Latency (minutes)	Sleep Efficiency (Percent)	WASO (minutes)	#Awak.
Min	16:35:59	22:46:59	01:49:00	01:17:00	00:00:00	65.84%	00:28:00	6
Max	10:40:06 +1	19:36:25 +1	10:44:00	08:11:00	00:07:00	89.71%	03:40:00	37
Avg	03:01:32 +1	10:45:38 +1	07:44:06	06:04:48	00:02:26	78.84%	01:35:48	17
Std	04:15:18	04:09:25	01:55:23	01:28:30	00:01:53	6.55%	00:45:18	5.00

INTERPRETATION

Scoring settings

- * Scoring algorithm: Condor Instruments;
- * The sleep diary data was not used for scoring.

Scoring review

- * Offwrist periods were indicated from sudden drops in wrist temperature;
- * Micro sleep states (isolated states lasting less than ~5 minutes) were removed;
- * Minor adjustments were made on the sleep onset and sleep offset, taking in consideration the event button and sleep diary records.

Sleep statistics settings

- * Multiple main sleep periods: TRUE
- * Main sleep period time of day: Day or Night
- * Minimum duration for main sleep periods: 01:00:00

INTERPRETATION CONT.

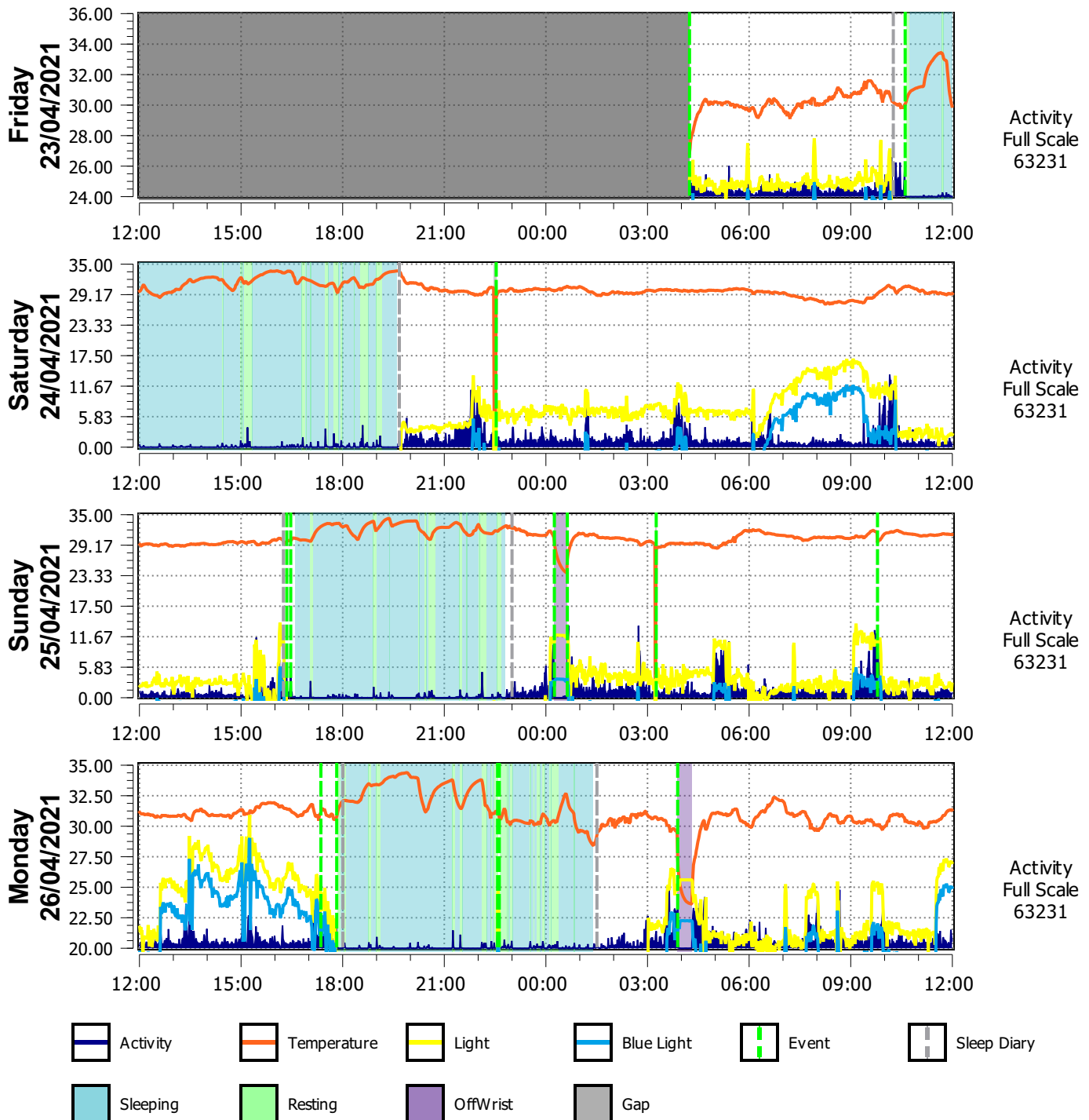
* Awake period limit: 02:00:00

Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

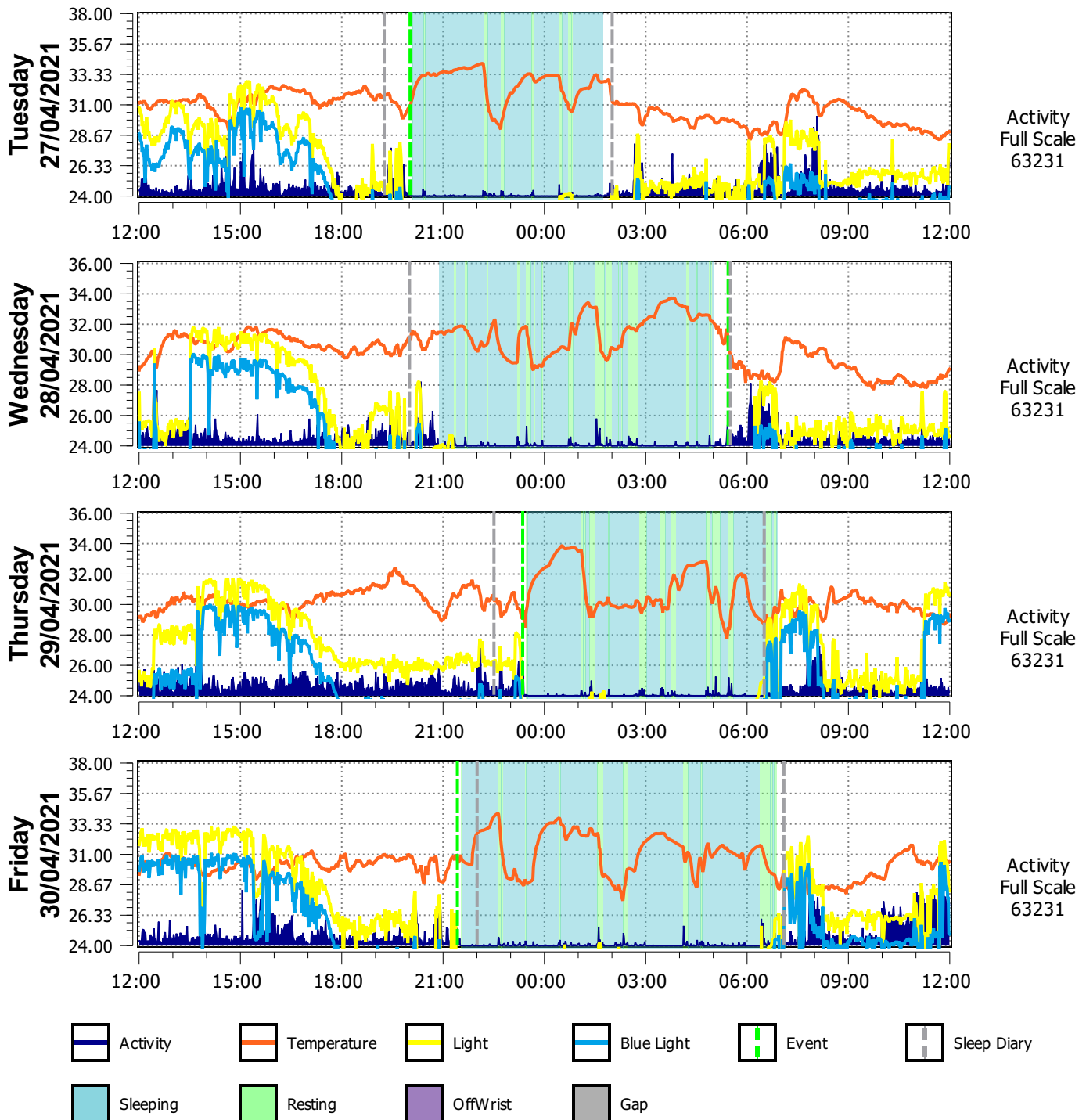


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

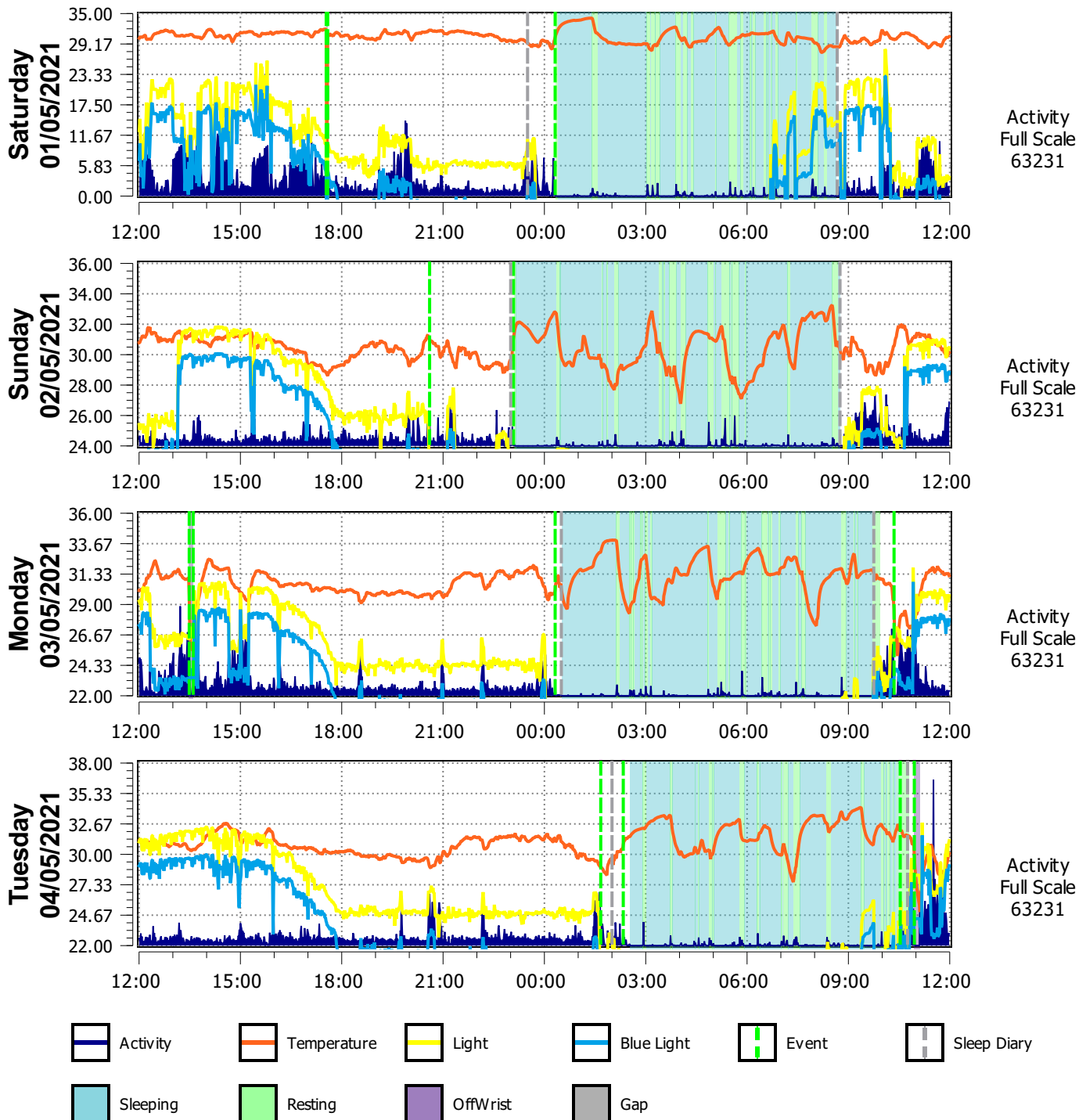


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Light Full Scale: 100000 Lux

SLEEP SCORING

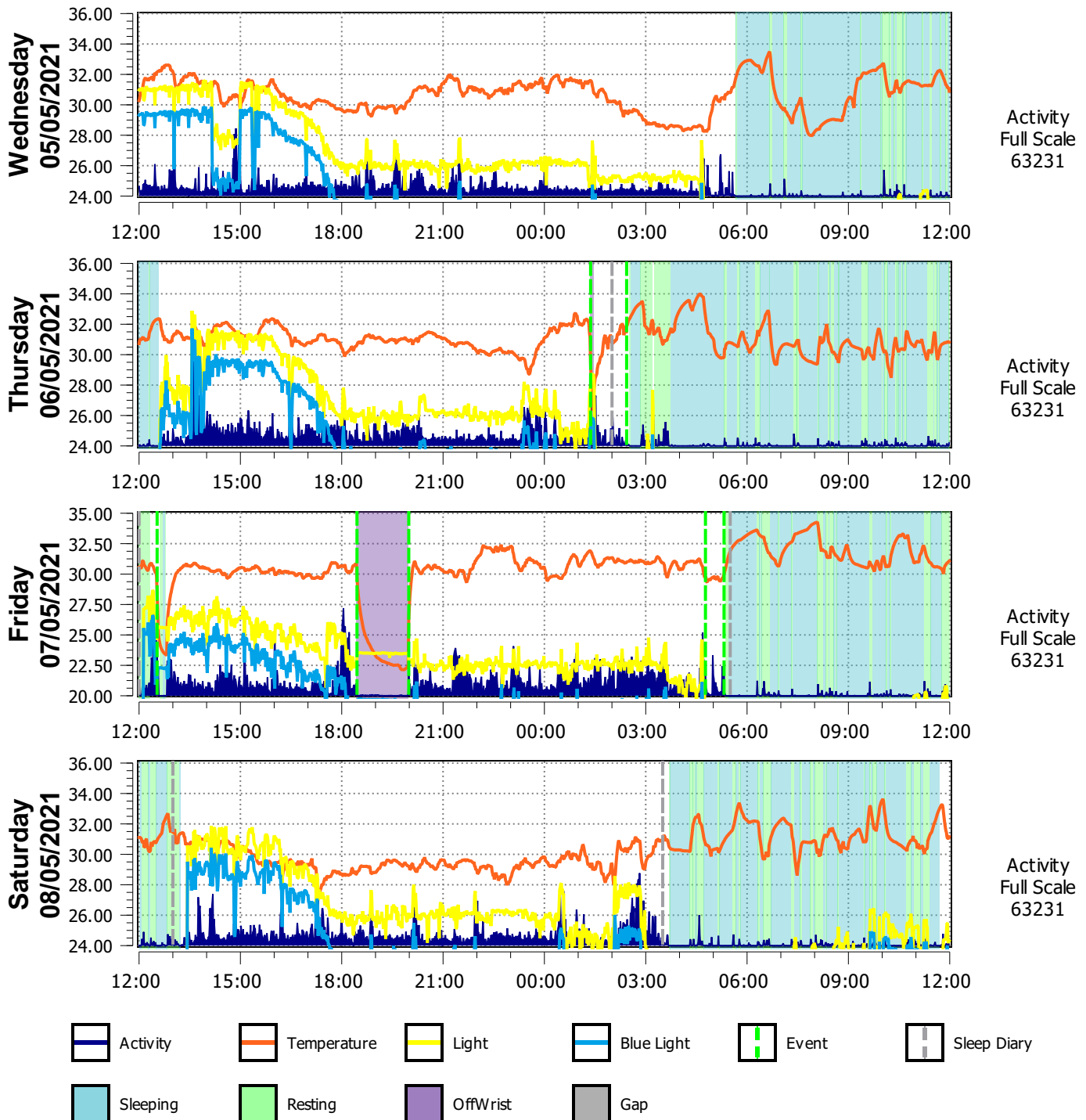


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

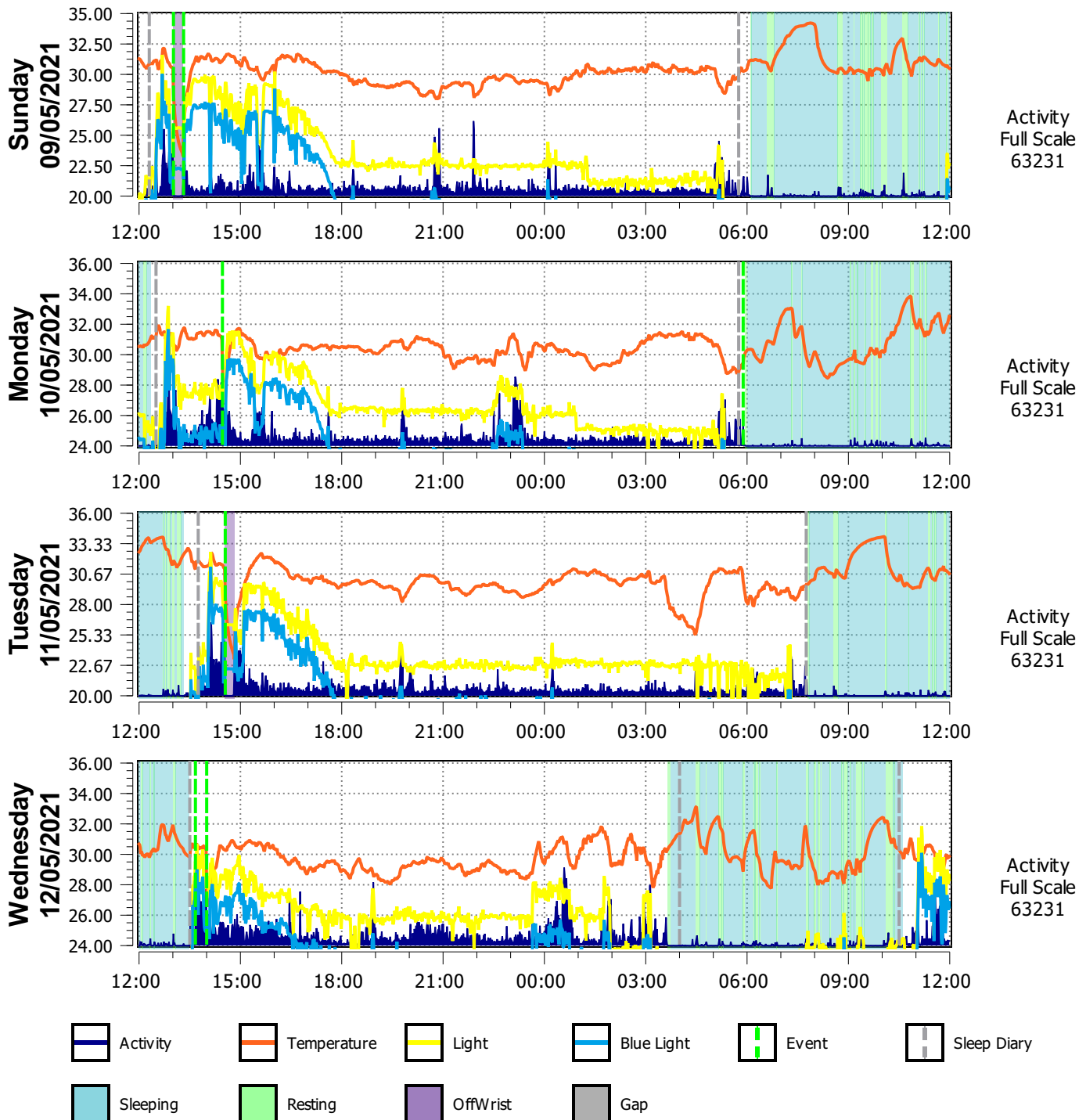


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

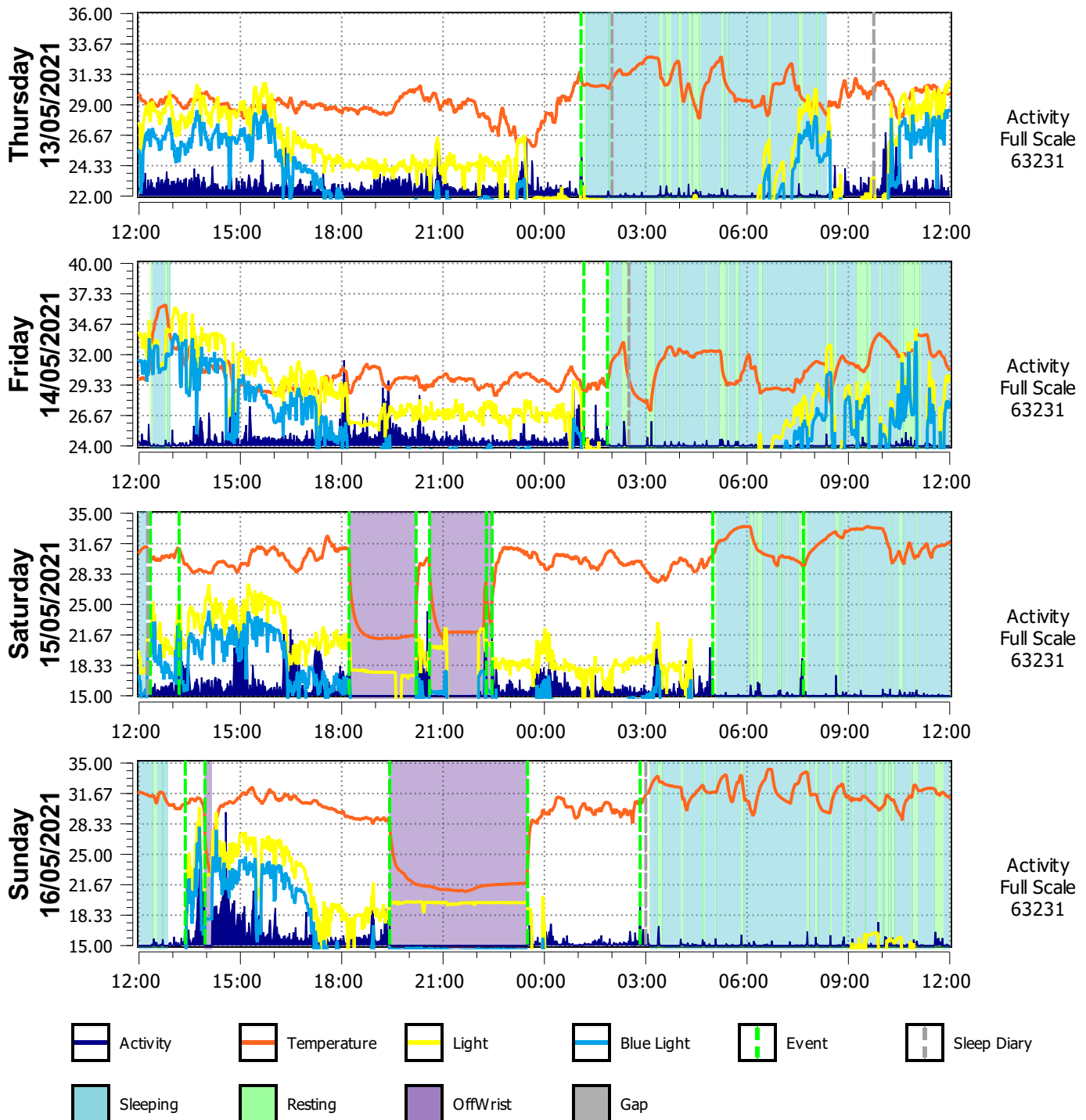


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

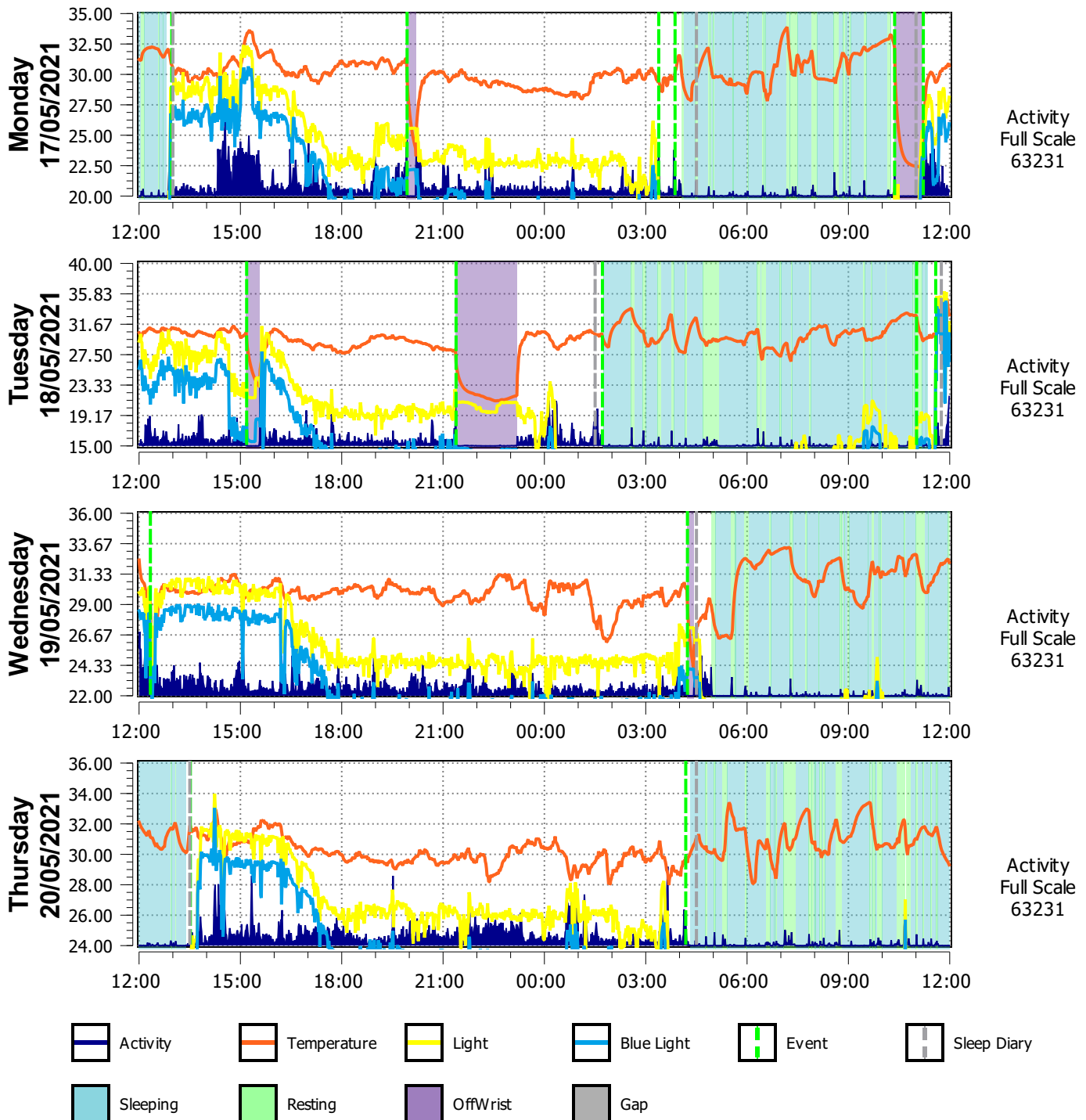


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

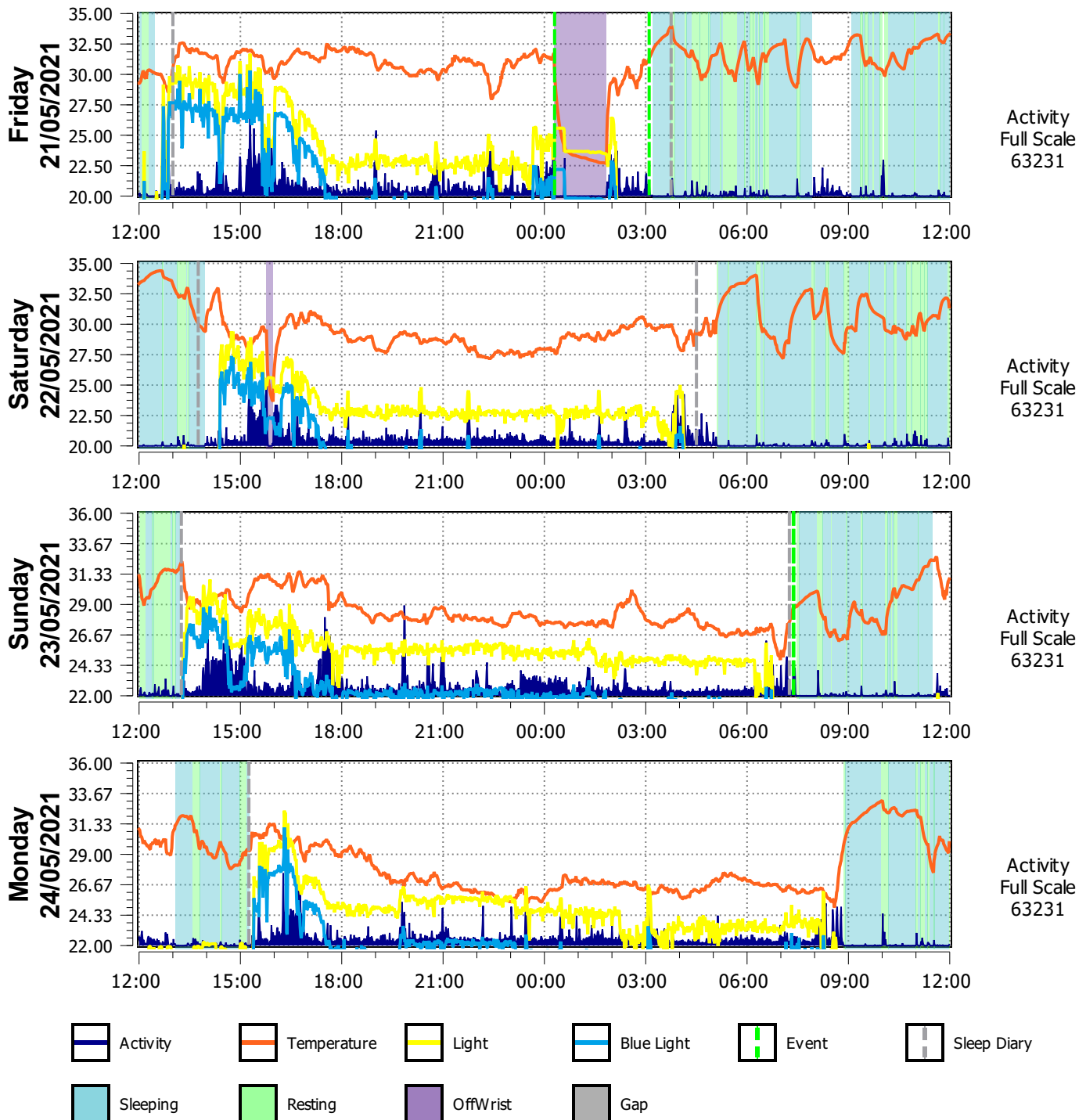


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

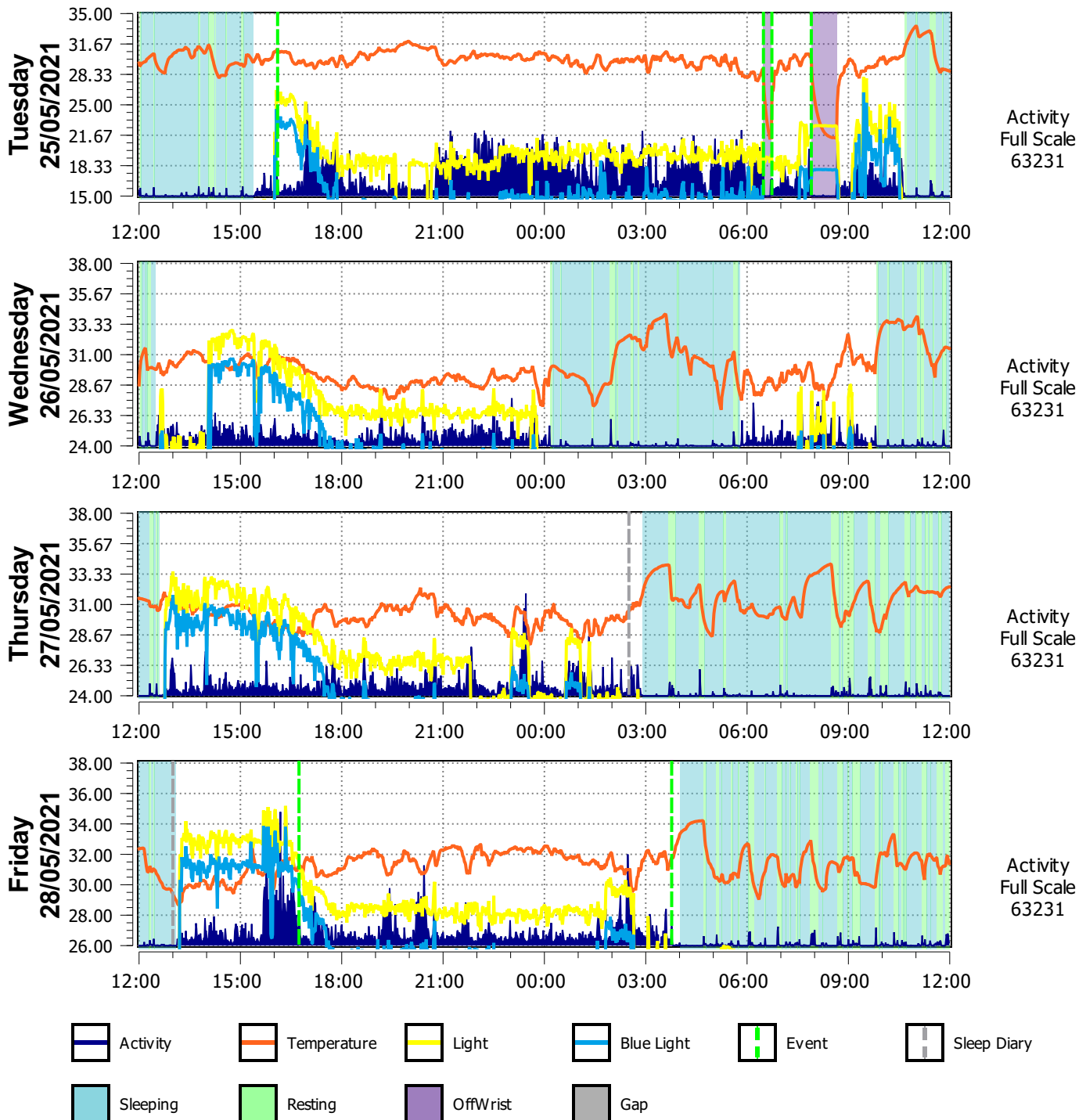


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING

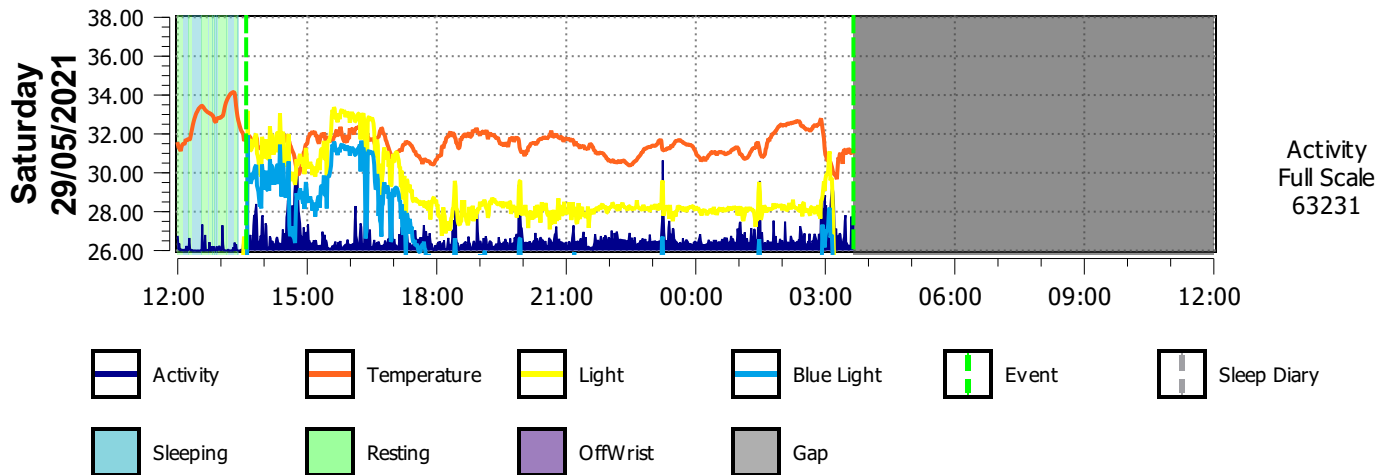


Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

Light Full Scale: 100000 Lux

SLEEP SCORING



Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

SLEEP STATISTICS

Day of the Week	Date	Bed Time	Get Up Time	Time in Bed (hours)	Total Sleep Time (hours)	Onset Latency (minutes)	Sleep Efficiency (Percent)	WASO (minutes)	#Awak.
Saturday	24/04/2021	10:38:25	19:36:25	08:58:00	07:36:00	00:05:00	84.76%	01:17:00	14
Sunday	25/04/2021	16:35:59	22:46:59	06:11:00	05:15:00	00:00:00	84.91%	00:56:00	11
Monday	26/04/2021 +1	17:51:25	01:23:25	07:32:00	05:47:00	00:05:00	76.77%	01:40:00	17
Tuesday	27/04/2021 +1	20:04:25	01:44:25	05:40:00	05:05:00	00:02:00	89.71%	00:33:00	9
Wednesday	28/04/2021 +1	20:53:25	05:01:25	08:08:00	06:34:00	00:00:00	80.74%	01:34:00	17
Thursday	29/04/2021 +1	23:27:25	06:54:25	07:27:00	05:46:00	00:03:00	77.40%	01:38:00	12
Friday	30/04/2021 +1	21:32:25	06:53:25	09:21:00	08:11:00	00:01:00	87.52%	01:04:00	14
Sunday	02/05/2021	00:20:06	08:38:06	08:18:00	06:19:00	00:04:00	76.10%	01:55:00	19
Sunday	02/05/2021 +1	23:07:06	08:45:06	09:38:00	07:49:00	00:03:00	81.14%	01:46:00	17
Tuesday	04/05/2021	00:31:06	09:56:06	09:25:00	07:36:00	00:00:00	80.71%	01:36:00	22
Wednesday	05/05/2021	02:32:06	10:47:06	08:15:00	06:29:00	00:00:00	78.59%	01:27:00	19
Thursday	06/05/2021	05:39:06	12:35:06	06:56:00	05:52:00	00:00:00	84.62%	01:04:00	17
Friday	07/05/2021	02:31:06	12:47:06	10:16:00	07:06:00	00:02:00	69.16%	03:07:00	22
Saturday	08/05/2021	05:22:06	13:13:06	07:51:00	05:39:00	00:05:00	71.97%	02:07:00	17
Sunday	09/05/2021	03:41:06	11:42:06	08:01:00	05:51:00	00:02:00	72.97%	02:08:00	22
Monday	10/05/2021	06:06:06	12:20:06	06:14:00	04:53:00	00:02:00	78.34%	01:19:00	17
Tuesday	11/05/2021	05:57:06	13:19:06	07:22:00	06:24:00	00:03:00	86.88%	00:55:00	18
Wednesday	12/05/2021	07:47:06	13:29:06	05:42:00	04:59:00	00:04:00	87.43%	00:39:00	11
Thursday	13/05/2021	03:39:06	10:36:06	06:57:00	05:26:00	00:05:00	78.18%	01:26:00	22

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SLEEP STATISTICS

Day of the Week	Date	Bed Time	Get Up Time	Time in Bed (hours)	Total Sleep Time (hours)	Onset Latency (minutes)	Sleep Efficiency (Percent)	WASO (minutes)	#Awak.
Friday	14/05/2021	01:11:06	08:21:06	07:10:00	06:04:00	00:03:00	84.65%	01:03:00	12
Saturday	15/05/2021	01:56:06	12:13:06	10:17:00	08:02:00	00:03:00	78.12%	02:12:00	22
Sunday	16/05/2021	05:04:06	12:52:06	07:48:00	06:37:00	00:02:00	84.83%	01:09:00	17
Monday	17/05/2021	03:07:06	12:49:06	09:42:00	07:55:00	00:01:00	81.62%	01:46:00	23
Tuesday	18/05/2021	04:04:06	10:16:06	06:12:00	04:51:00	00:04:00	78.23%	01:17:00	17
Wednesday	19/05/2021	01:44:06	11:21:06	09:37:00	07:58:00	00:01:00	82.84%	01:38:00	17
Thursday	20/05/2021	04:57:06	13:23:06	08:26:00	07:09:00	00:07:00	84.78%	01:10:00	21
Friday	21/05/2021	04:19:06	12:28:06	08:09:00	05:47:00	00:00:00	70.96%	02:22:00	25
Saturday	22/05/2021	03:12:06	13:56:06	10:44:00	07:04:00	00:00:00	65.84%	03:40:00	27
Sunday	23/05/2021	05:07:06	13:13:06	08:06:00	05:54:00	00:02:00	72.84%	02:10:00	20
Monday	24/05/2021	07:28:06	15:16:06	07:48:00	05:10:00	00:05:00	66.24%	02:33:00	13
Tuesday	25/05/2021	08:52:06	15:23:06	06:31:00	05:29:00	00:03:00	84.14%	00:59:00	12
Wednesday	26/05/2021	10:40:06	12:29:06	01:49:00	01:17:00	00:04:00	70.64%	00:28:00	6
Thursday	27/05/2021	00:10:06	05:47:06	05:37:00	04:54:00	00:04:00	87.24%	00:39:00	10
Thursday	27/05/2021	09:50:06	12:36:06	02:46:00	02:04:00	00:03:00	74.70%	00:39:00	9
Friday	28/05/2021	02:55:06	13:05:06	10:10:00	07:48:00	00:00:00	76.72%	02:22:00	18
Saturday	29/05/2021	04:01:06	13:25:06	09:24:00	06:13:00	00:00:00	66.13%	03:11:00	37

Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

SLEEP DIARY

Day of the Week	Bed Time	Get Up Time
Saturday	24/04/2021 10:15:25	24/04/2021 19:40:25
Sunday	25/04/2021 16:14:59	25/04/2021 22:59:59
Monday	26/04/2021 18:00:25	27/04/2021 01:30:25
Tuesday	27/04/2021 19:15:25	28/04/2021 02:00:25
Wednesday	28/04/2021 20:00:25	29/04/2021 05:30:25
Thursday	29/04/2021 22:30:25	30/04/2021 06:30:25
Friday	30/04/2021 22:00:25	01/05/2021 07:05:25
Saturday	01/05/2021 23:30:06	02/05/2021 08:40:06
Sunday	02/05/2021 23:00:06	03/05/2021 08:45:06
Tuesday	04/05/2021 00:30:06	04/05/2021 09:45:06
Wednesday	05/05/2021 02:00:06	05/05/2021 10:45:06
Friday	07/05/2021 02:00:06	07/05/2021 12:00:06
Saturday	08/05/2021 05:30:06	08/05/2021 13:00:06
Sunday	09/05/2021 03:30:06	09/05/2021 12:18:06
Monday	10/05/2021 05:45:06	10/05/2021 12:30:06
Tuesday	11/05/2021 05:45:06	11/05/2021 13:45:06
Wednesday	12/05/2021 07:45:06	12/05/2021 13:30:06
Thursday	13/05/2021 04:00:06	13/05/2021 10:30:06
Friday	14/05/2021 02:00:06	14/05/2021 09:45:06
Saturday	15/05/2021 02:30:06	15/05/2021 12:15:06
Monday	17/05/2021 03:00:06	17/05/2021 13:00:06
Tuesday	18/05/2021 04:30:06	18/05/2021 11:00:06
Wednesday	19/05/2021 01:30:06	19/05/2021 11:45:06
Thursday	20/05/2021 04:30:06	20/05/2021 13:30:06
Friday	21/05/2021 04:30:06	21/05/2021 13:00:06
Saturday	22/05/2021 03:45:06	22/05/2021 13:45:06
Sunday	23/05/2021 04:30:06	23/05/2021 13:15:06
Monday	24/05/2021 07:15:06	24/05/2021 15:15:06

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SLEEP DIARY

Day of the Week	Bed Time	Get Up Time
Friday	28/05/2021 02:30:06	28/05/2021 13:00:06

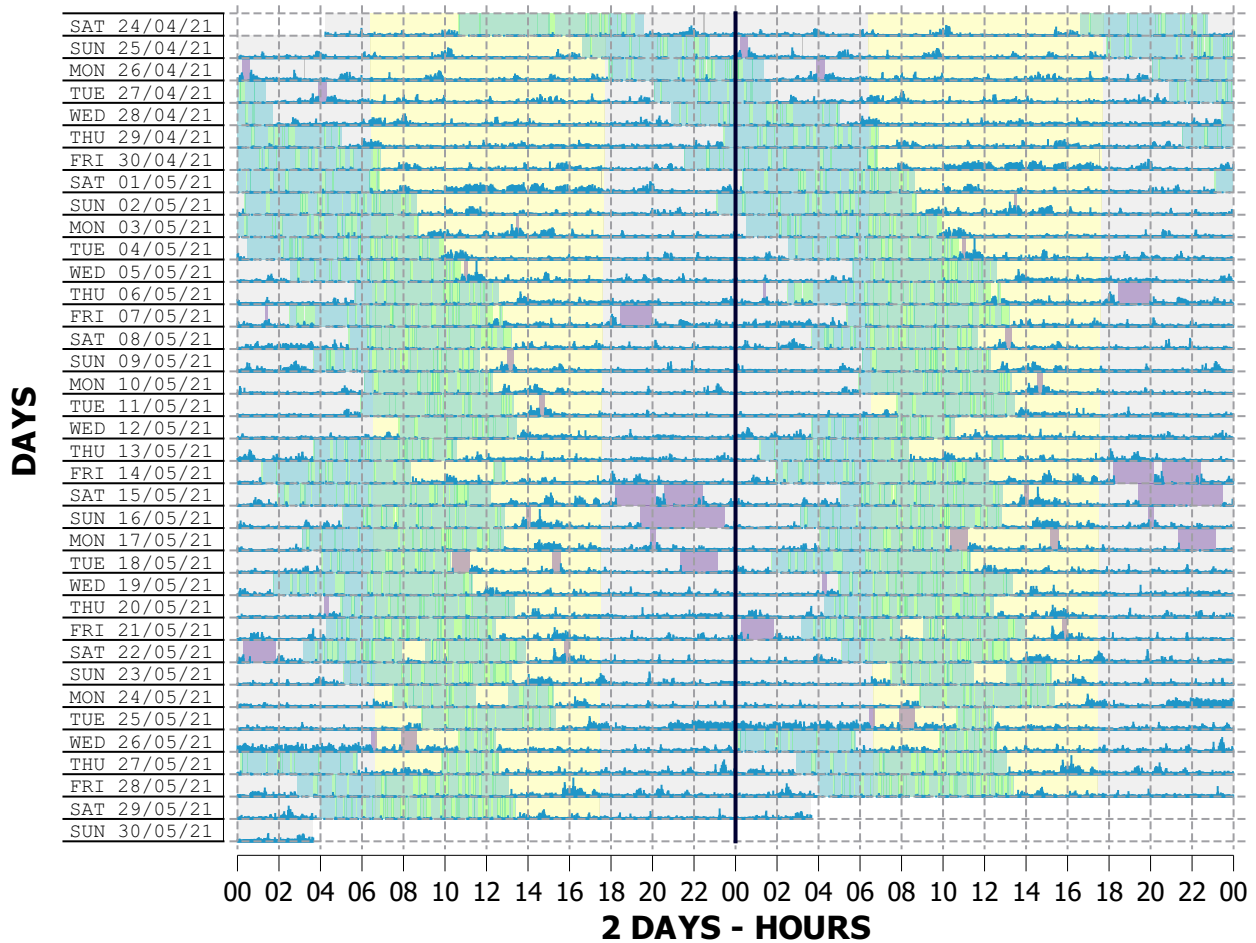
Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

ACTOGRAM

PARAMETERS

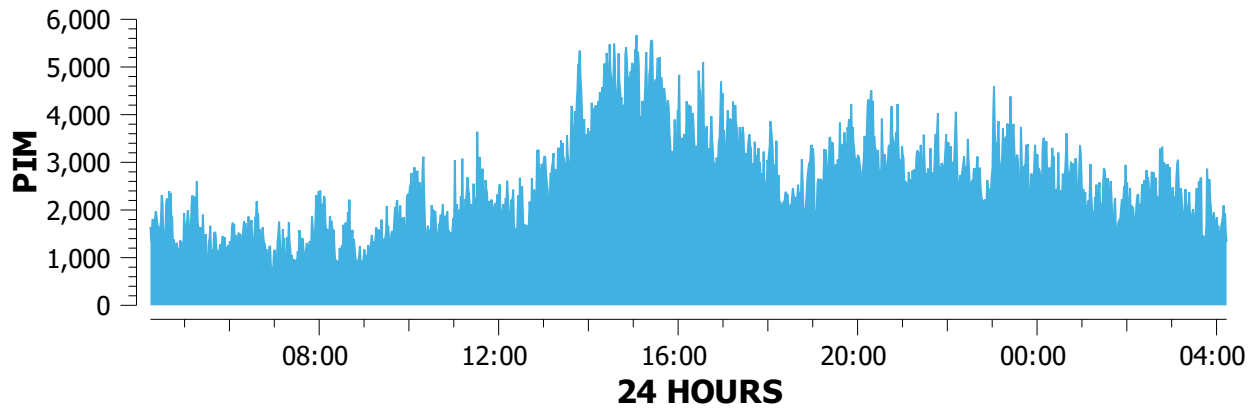
Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
Final Date : 30/05/2021 Final Time : 03:39:06 Data : PIM Use OffWrist Values : Unchecked



Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

AVERAGE DAY



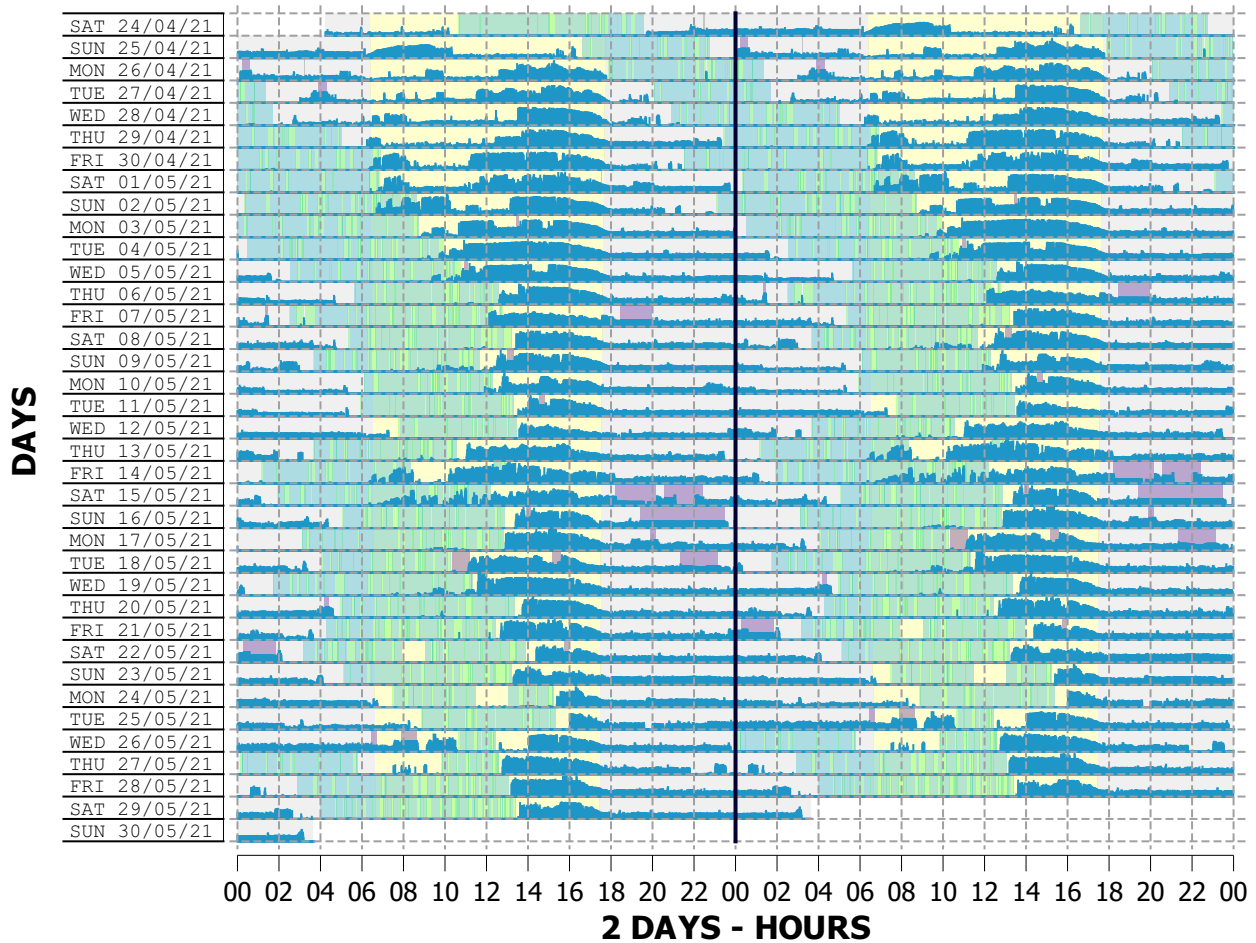
Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

ACTOGRAM

PARAMETERS

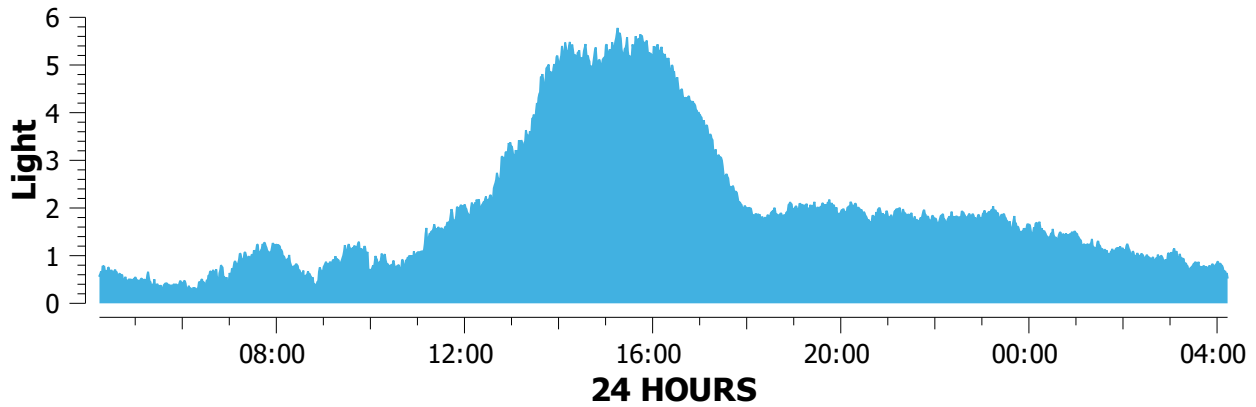
Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
Final Date : 30/05/2021 Final Time : 03:39:06 Data : Light Use OffWrist Values : Unchecked



Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

AVERAGE DAY



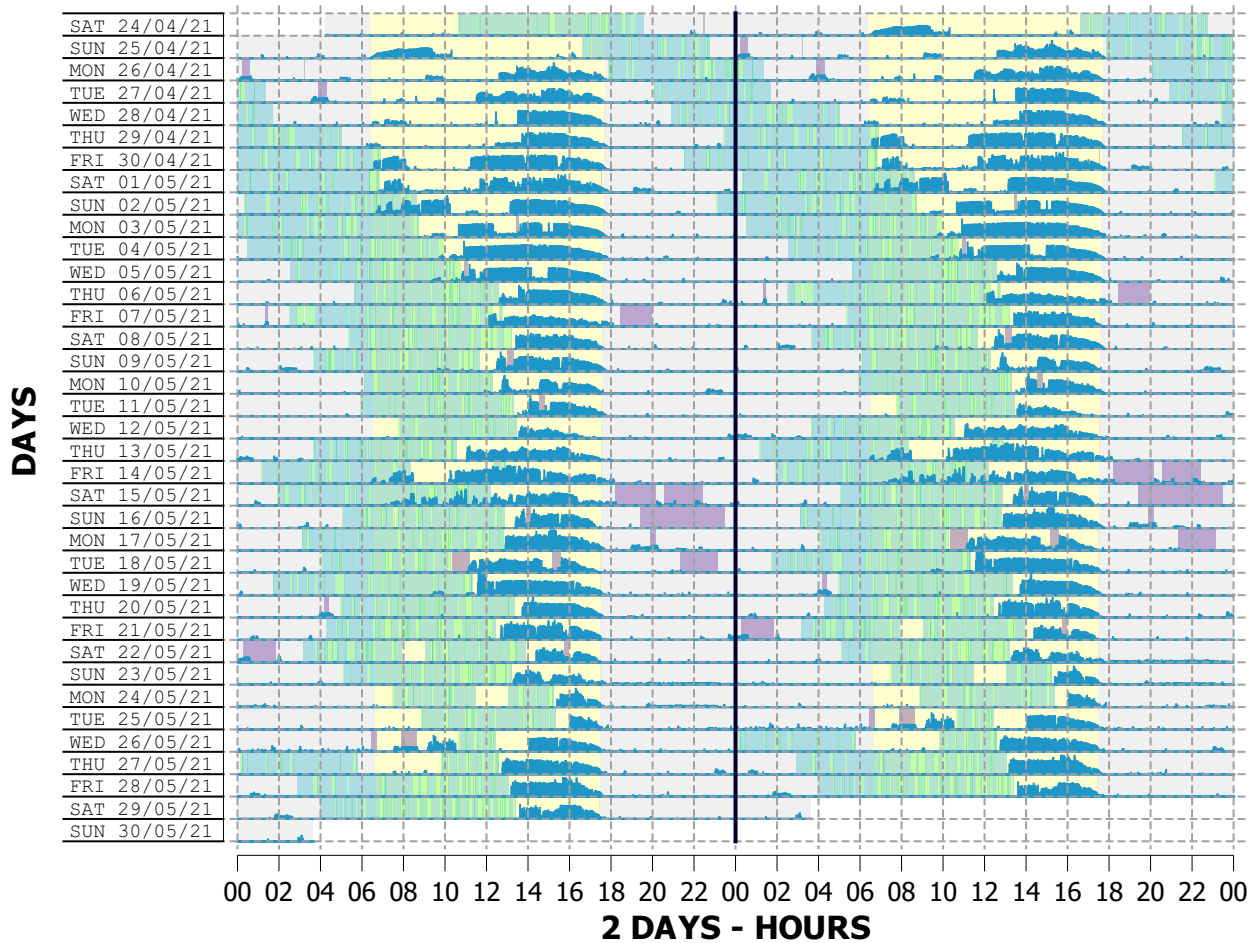
Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

ACTOGRAM

PARAMETERS

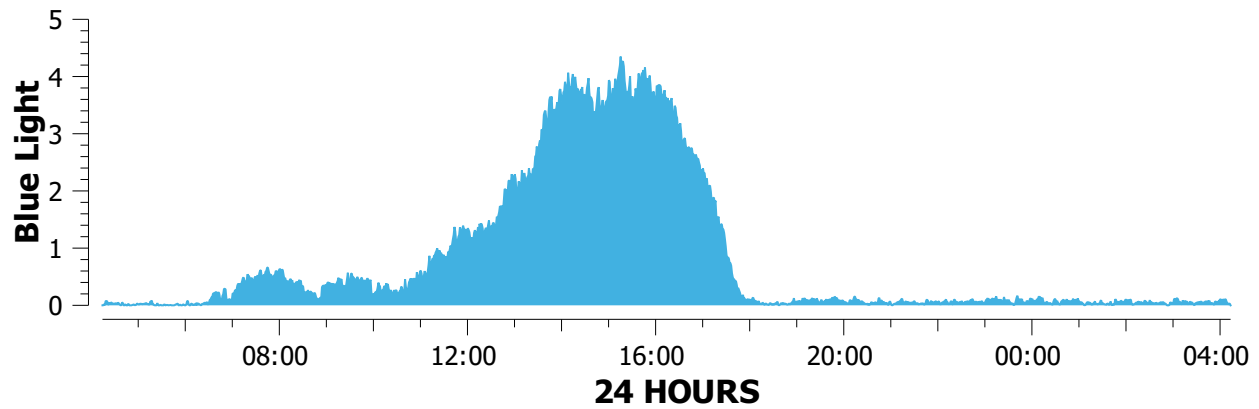
Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
Final Date : 30/05/2021 Final Time : 03:39:06 Data : Blue Light Use OffWrist Values : Unchecked



Subject ID: Daniel Vartanian

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AVERAGE DAY



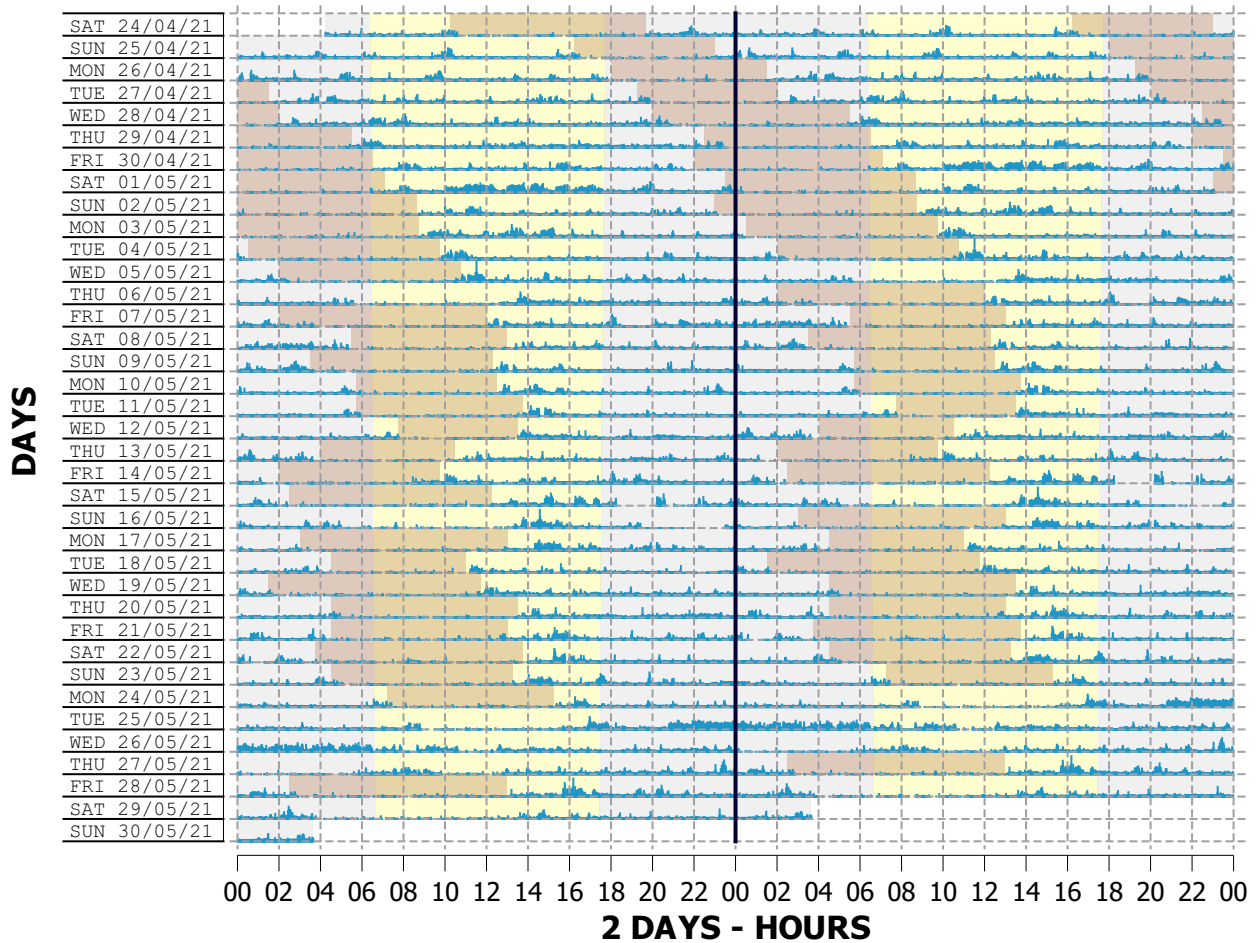
Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

ACTOGRAM

PARAMETERS

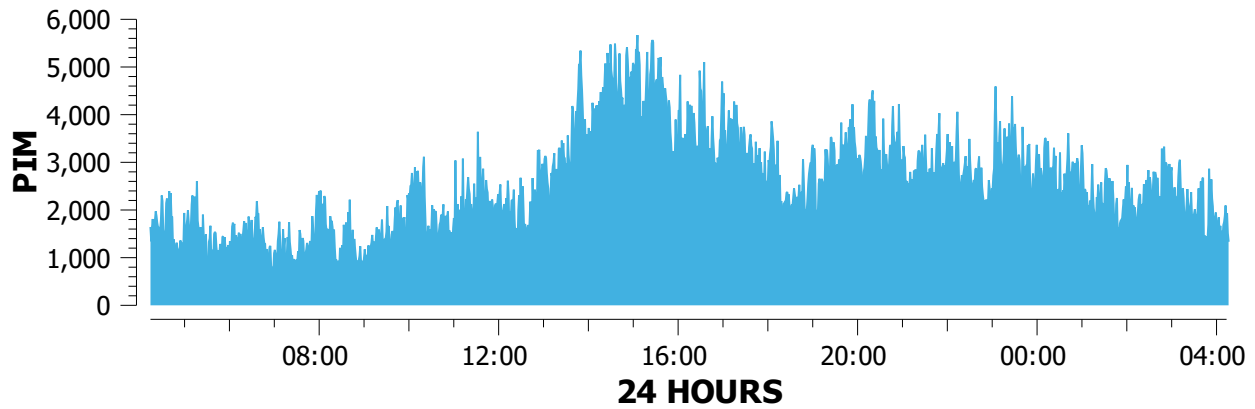
Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
Final Date : 30/05/2021 Final Time : 03:39:06 Data : PIM Use OffWrist Values : Unchecked



Subject ID: Daniel Vartanian

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AVERAGE DAY



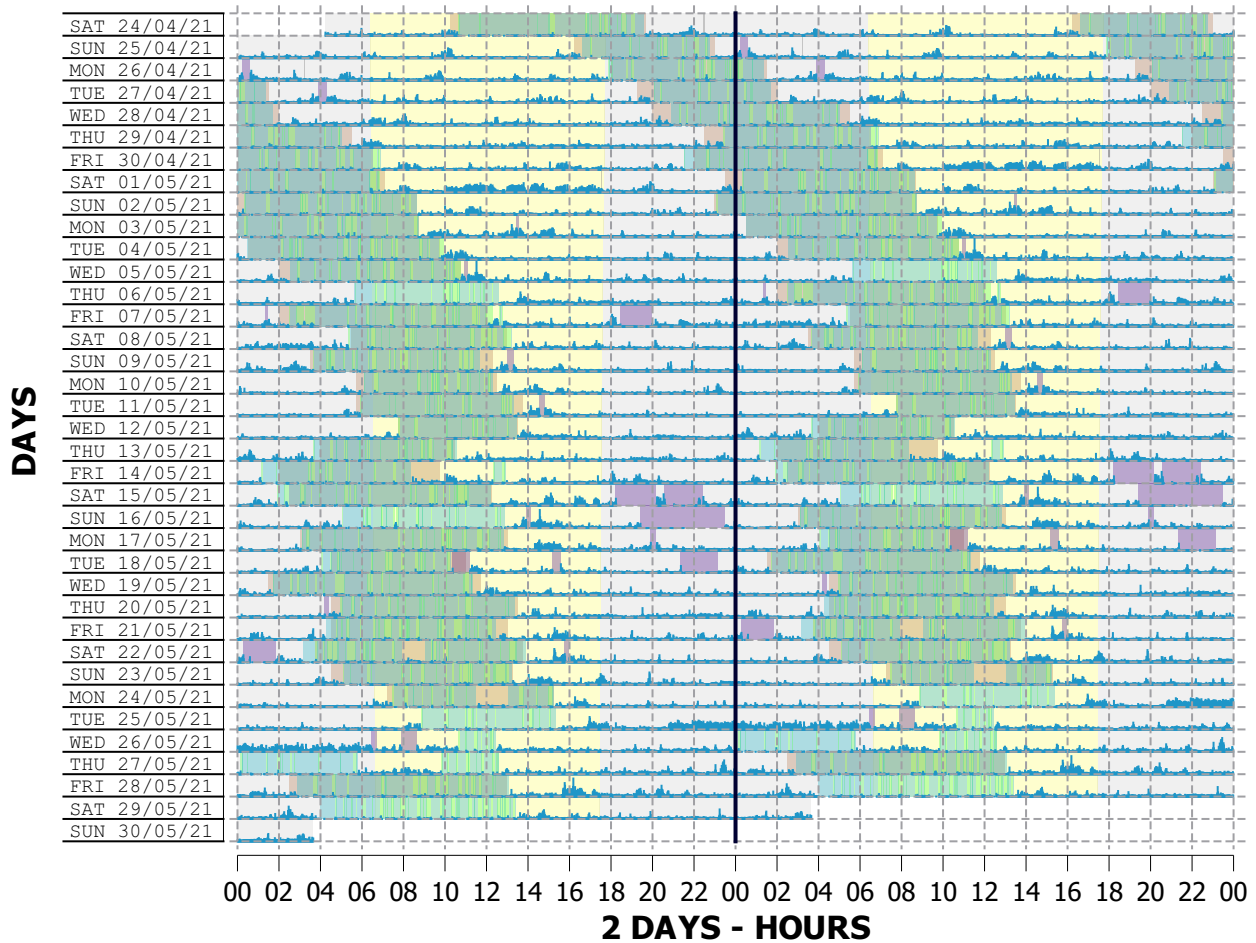
Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

ACTOGRAM

PARAMETERS

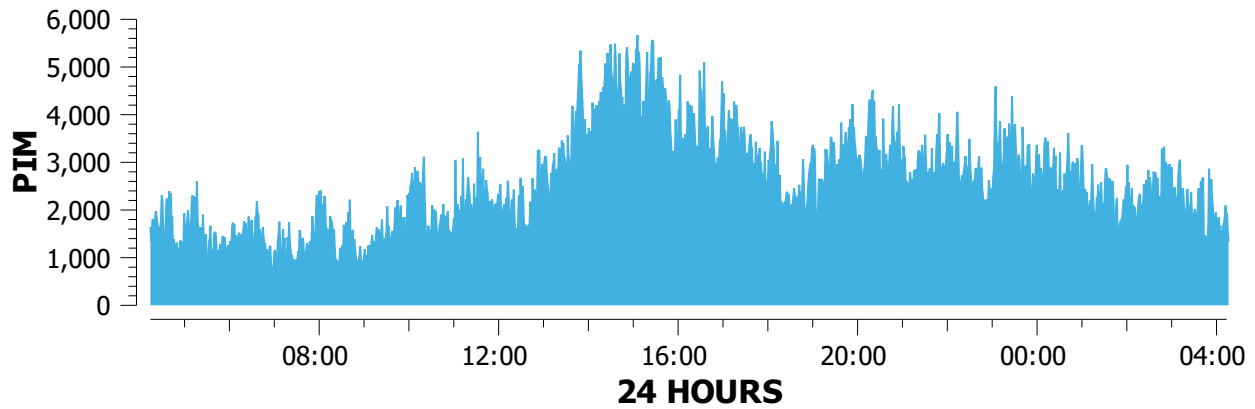
Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
Final Date : 30/05/2021 Final Time : 03:39:06 Data : PIM Use OffWrist Values : Unchecked



Subject ID: Daniel Vartanian

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AVERAGE DAY



Subject ID: Daniel Vartanian

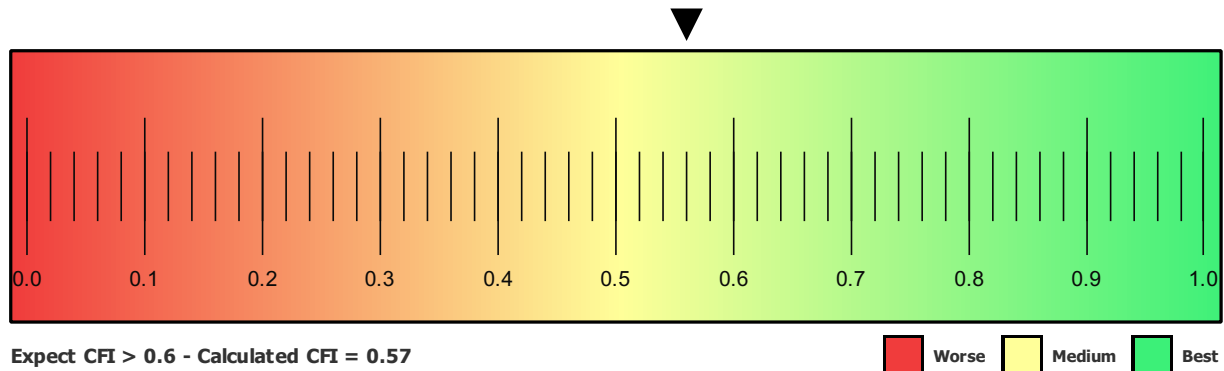
Date of Birth: 20/09/1985

NPCRA

PARAMETERS

Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
 Final Date : 30/05/2021 Final Time : 03:39:06 Data : PIM
 Max L5 offWrist Period : 00:30:00
 Max M10 offWrist Period : 00:30:00
 M10 and L5 Calculate Method : Entire Period

CIRCADIAN FUNCTION INDEX (CFI)



M10 AND L5

M10 (ZO)	10063.9217	ONSET M10 (ZO)	25/05/2021 20:28:06
L5 (ZO)	133.4200	ONSET L5 (ZO)	27/04/2021 20:28:25
RA (ZO)	0.9738		

INTRADAILY VARIABILITY (IV)

IV AVG CASE 2	0.6913	IV 60 CASE 2	0.8176				
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INTERDAILY STABILITY (IS)

IS AVG CASE 2	0.1094	IS 60 CASE 2	0.1434				
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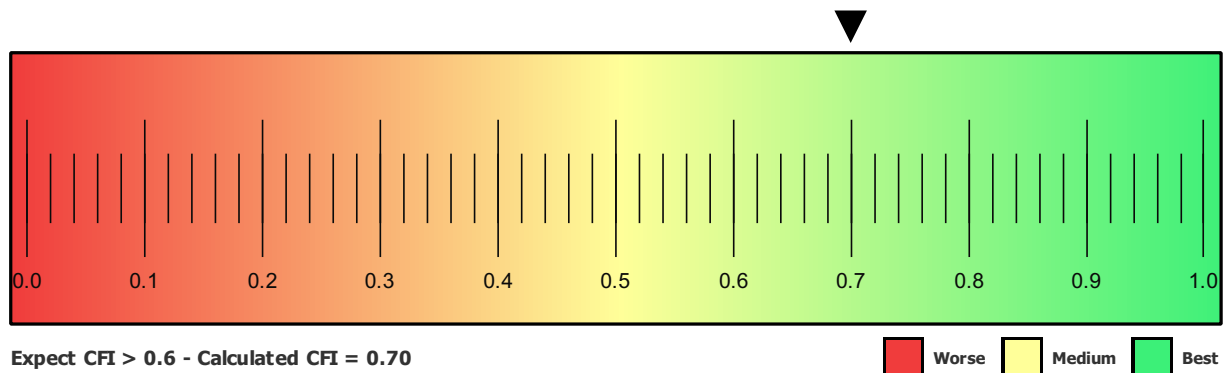
Date of Birth: 20/09/1985

NPCRA

PARAMETERS

Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
 Final Date : 30/05/2021 Final Time : 03:39:06 Data : Light
 Max L5 offWrist Period : 00:30:00
 Max M10 offWrist Period : 00:30:00
 M10 and L5 Calculate Method : Entire Period

CIRCADIAN FUNCTION INDEX (CFI)



M10 AND L5

M10 (ZO)	626.5942	ONSET M10 (ZO)	17/05/2021 12:55:06
L5 (ZO)	0.0030	ONSET L5 (ZO)	18/05/2021 03:51:06
RA (ZO)	1.0000		

INTRADAILY VARIABILITY (IV)

IV AVG CASE 2	0.6165	IV 60 CASE 2	0.6934				
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INTERDAILY STABILITY (IS)

IS AVG CASE 2	0.3362	IS 60 CASE 2	0.4468				
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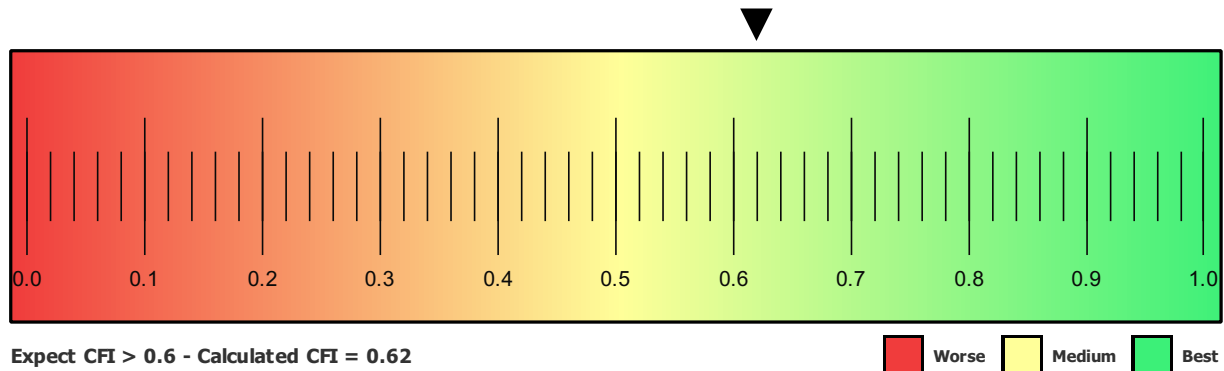
Date of Birth: 20/09/1985

NPCRA

PARAMETERS

Initial Date : 24/04/2021 Initial Time : 04:14:25 Days : 36
 Final Date : 30/05/2021 Final Time : 03:39:06 Data : Blue Light
 Max L5 offWrist Period : 00:30:00
 Max M10 offWrist Period : 00:30:00
 M10 and L5 Calculate Method : Entire Period

CIRCADIAN FUNCTION INDEX (CFI)



M10 AND L5

M10 (ZO)	174.7075	ONSET M10 (ZO)	19/05/2021 09:19:06
L5 (ZO)	0.0009	ONSET L5 (ZO)	18/05/2021 03:51:06
RA (ZO)	1.0000		

INTRADAILY VARIABILITY (IV)

IV AVG CASE 2	0.8196	IV 60 CASE 2	0.9422				
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INTERDAILY STABILITY (IS)

IS AVG CASE 2	0.2355	IS 60 CASE 2	0.3438				
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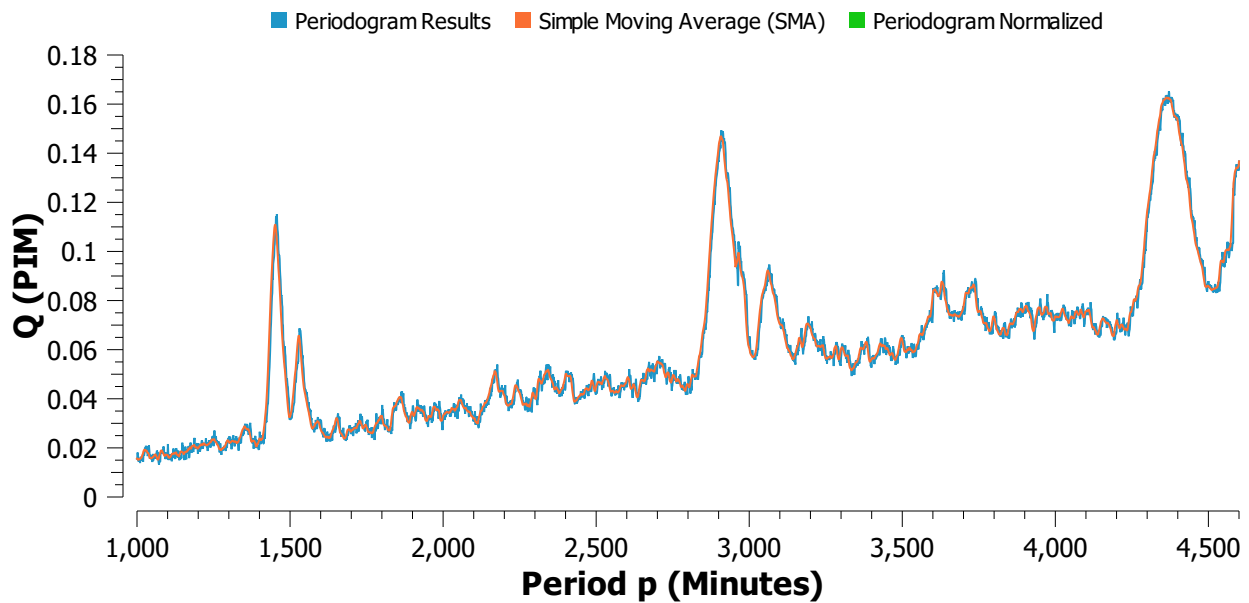
PERIODOGRAM

PARAMETERS

Initial Date : 24/04/2021 Initial Time : 04:14:25 Min. Frequency : 1000 Step : 1
 Final Date : 30/05/2021 Final Time : 03:39:06 Max. Frequency : 4600

Peak 1 : 1457 Peak 2 : 2909 Peak 3 : 4371

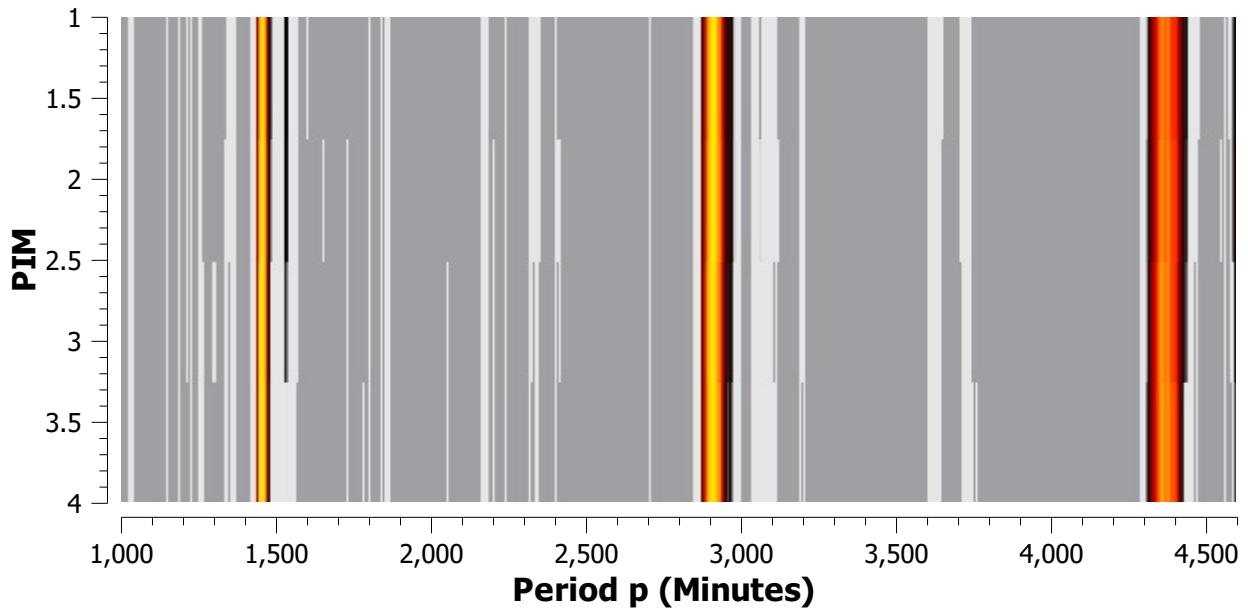
GRAPH



Subject ID: Daniel Vartanian

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SPECTROGRAM



Subject ID: Daniel Vartanian

Date of Birth: 20/09/1985

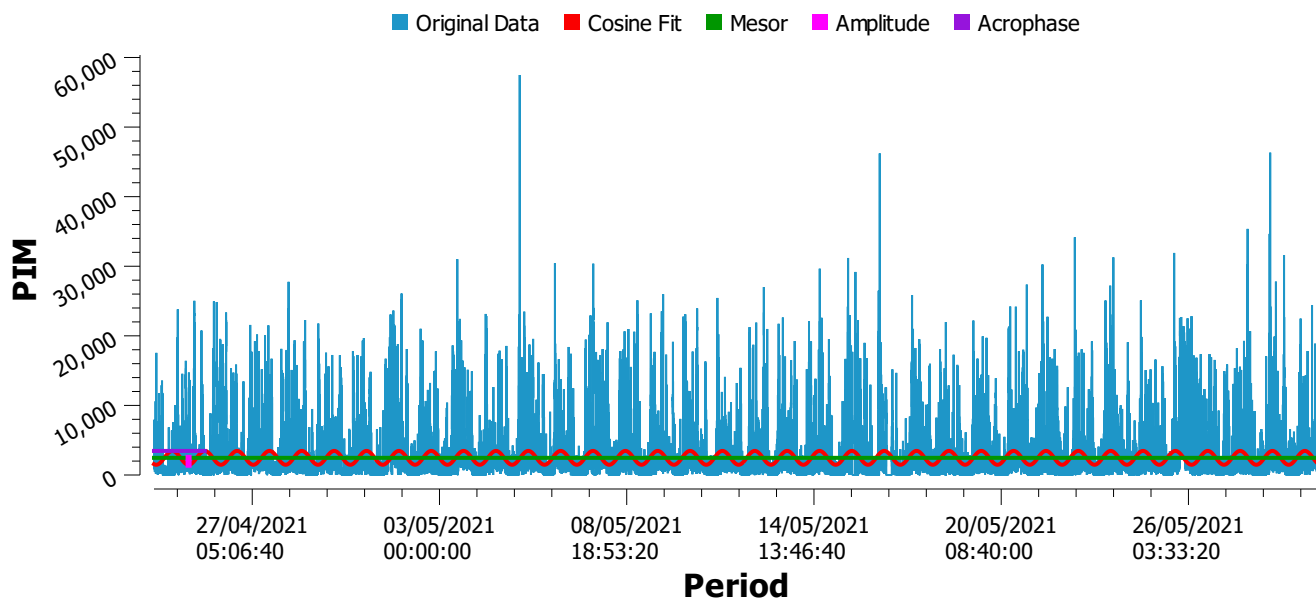
COSINOR

PARAMETERS

Initial Date : 24/04/2021 Initial Time : 04:14:25 Data : PIM
Final Date : 30/05/2021 Final Time : 03:39:06 Alpha : 0.05 (95.00%)

Mesor : 2465.91 Amplitude : 992.709 Acrophase : -4.68534 (radians) Acrophase : 17:53:47 (time)

GRAPH



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POLAR PLOT

