



Name: [REDACTED]

BMI: 24.3

Patient ID: [REDACTED]

Reported period: 20th June 2014 - 26th June 2014

Report number: 3 Page: 1/4

Previous session: 17th January 2014 - 23th January 2014

Date: 10/11/14

SLEEP 34.5%

- Asleep 29.1%
- Active period 5.5%

SEDENTARY 51.1%

- Inactive 24.4%
- Sitting 22.5%
- Transport 4.2%

ACTIVE 14.9%

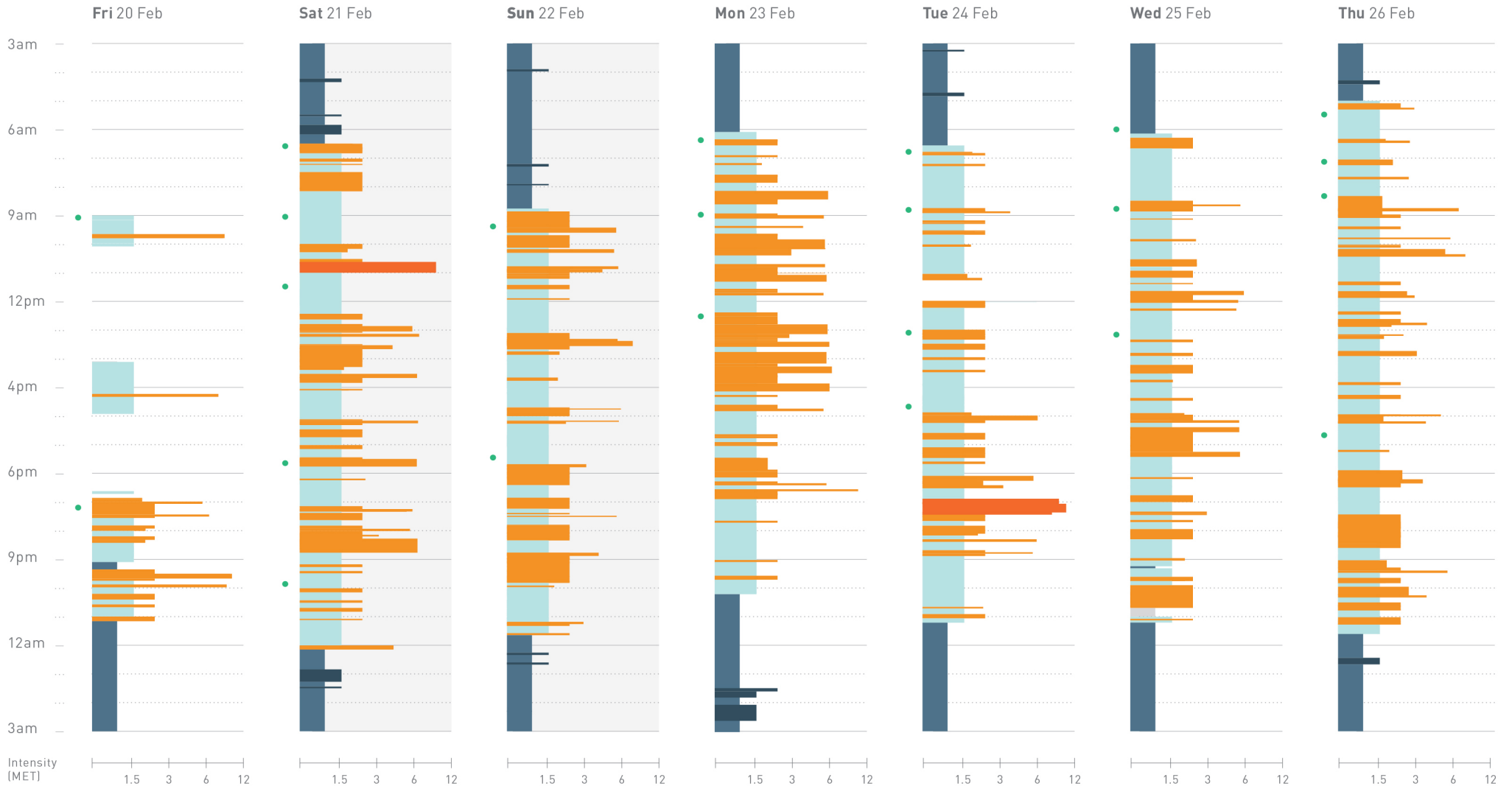
- On the go 2.9%
- Standing 9.7%
- Walking 2.3%

EXERCISE 0.6%

- Working out 0.1%
- Running 0.5%
- Swimming 0%
- Cycling 0%

EVENTS MARKED 23

- Button press





Name: [REDACTED]

BMI: 24.3

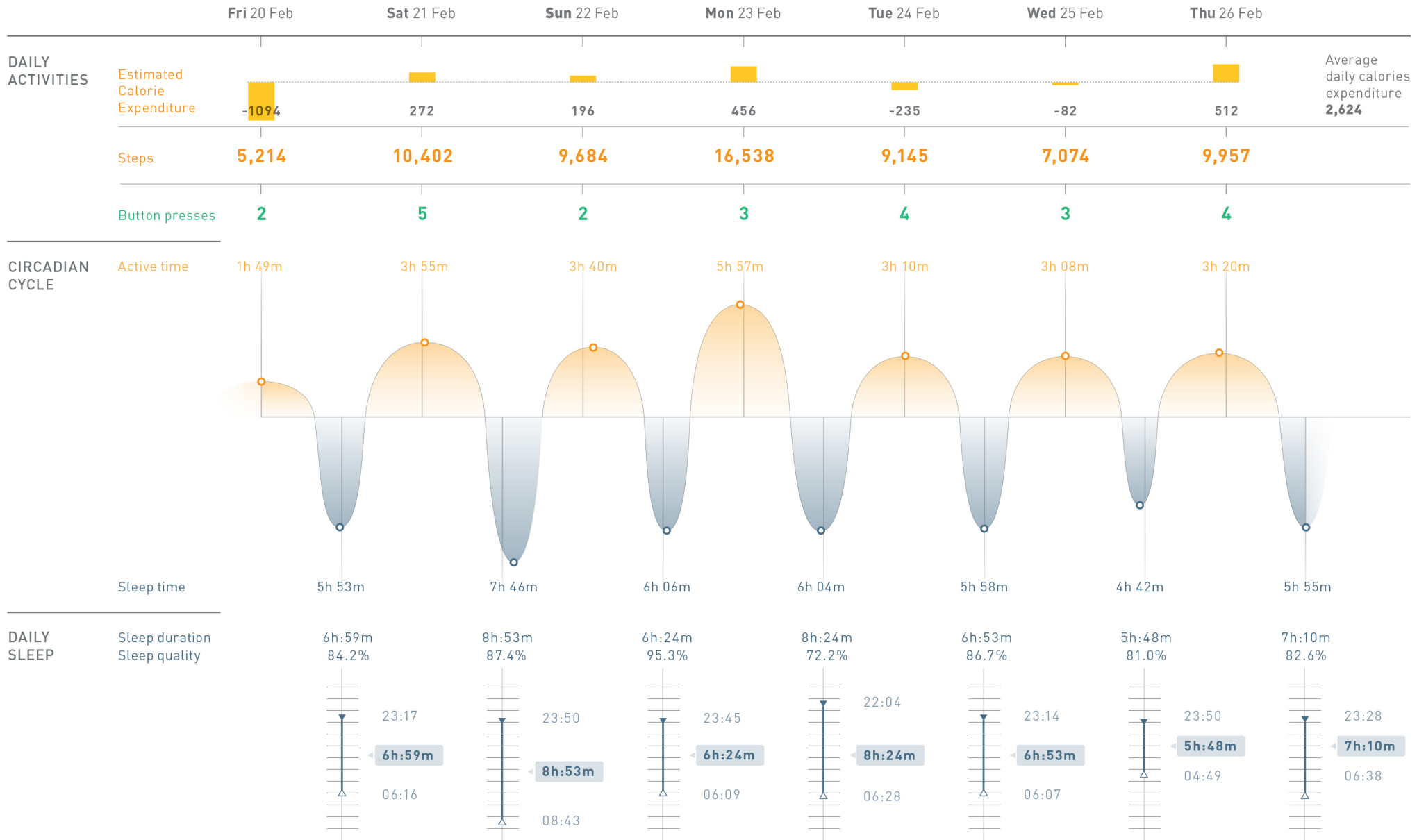
Patient ID: [REDACTED]

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Previous session: 17th January 2014 - 23th January 2014

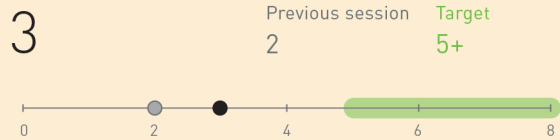
Date: 10/11/14



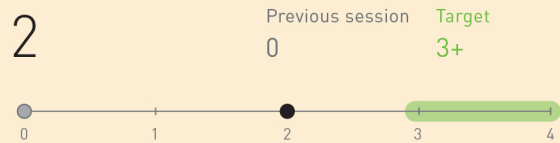


DAILY ACTIVITY

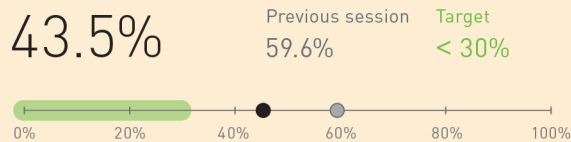
Number of sessions of moderate activity last 10 minutes or more



Number of sessions of vigorous activity lasting 10 minutes or more in period (1 week)



Percentage of sedentary time in periods lasting more than 20 minutes



RATIO ACTIVE: SEDENTARY

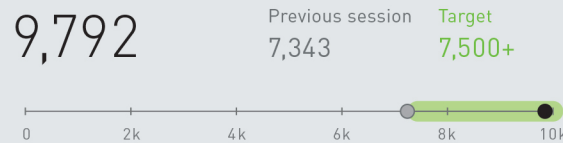
Active 29.3%

METRICS

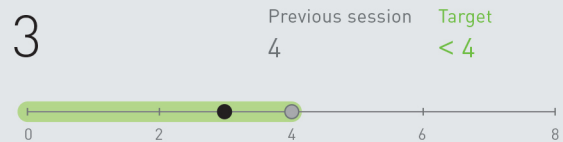
Calories burned per day (mean)



Steps taken per day (mean)



Button presses per day (mean)



% OF MISSING DATA FOR PERIOD

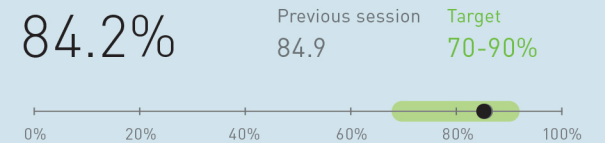
Missing 5%

SLEEP ACTIVITY

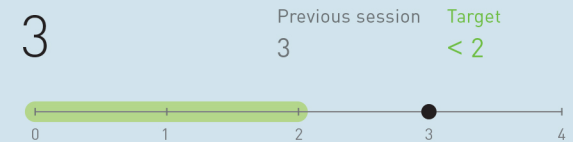
Sleep duration per day (median)



Sleep efficiency (mean)



Number of active sessions during sleep (mean)



LARK OR OWL





1 All references, including the information above, are available from Activinsights in a separate document

SLEEP ACTIVITY

	Reported	Previous	Change	Target	Reference
Sleep duration (weekday median)	5h40	6h40	- 1h00	7-8h	2
Sleep duration (weekend median)	6h35	7h14	- 0h39	7-8h	2
Sleep efficiency (mean)	84.2%	84.9%	- 0.5%	70-90%	2
Number of active sessions during sleep (mean)	3	3	0	< 2	2
Rise time (weekday median)	06:16	06:27	- 0h11	-	3
Rise time (weekend median)	07:26	07:03	+ 0h23	-	3
Bed time (weekday median)	23:07	22:20	+ 0h47	-	3
Bed time (weekend median)	23:45	22:49	+ 0h56	-	3
Mid-sleep time (weekday)	03:12	02:24	+ 0h48	-	3
Mid-sleep time (weekend)	03:36	02:56	+ 0h40	-	3
Lark : owl (chronotype relative to peers)	16%	19%	- 3%	-	3
Nap time per day (mean)	0h02	0h00	+ 0h02	0h00	3

DAILY ACTIVITY

Sedentary time (minutes per day)	12h16	13h09	- 0h54	-	4
Unbroken sedentary time [% of all sedentary]	43.5%	59.6%	- 16.1%	< 30%	4
Ratio of sedentary to non-sedentary time	29.3%	21.5%	+ 7.8%	-	4
Active time (minutes per day)	3h01	2h20	+ 0h41	> 3h00	5
Exercise time (minutes per day)	0h35	35	0	> 0h45	5
Moderate activity sessions (30 minutes+ in period)	3	2	+1	5+	5
Vigorous activity sessions (10 minutes+ in period)	2	0	+2	3+	5

METRICS

Steps daily (weekday)	8,665	5,988	+2677	10,000+	6
Steps daily (weekend)	10,093	10,733	- 640	10,000+	6
Estimated calorie expenditure (weekday)	2,548	2,467	+ 81	2,300 - 2,700	7
Estimated calorie expenditure (weekend)	2,738	2,826	- 88	2,300 - 2,700	8
Button presses per day (mean)	3	-	+3	< 4	8
Wear period (days & hours)	7d00h	7d00h	-	-	9
Non-wear (%)	5%	1%	-	< 5%	9