

RSVP JAN-MAR 2013 ACTIGRAPHY SUMMARY

TALT-Time Above White Light Threshold(1000 lux)

under 10 min	1	1.33%
10-30 min	19	25.33%
30-40 min	14	18.67%
40-50 min	22	29.33%
50-75 min	12	16.00%
75-100 min	6	8.00%
over 100 min	1	1.33%

PREVALENCE OF NAPS

over 2 naps	0	0.00%
2 naps	10	13.33%
1 nap over 60 min	8	10.67%
1 nap 30-60 min	24	32.00%
0 naps	33	44.00%
Acute medical cond	0	0.00%
Hospice	0	0.00%

NIGHT DISRUPTIONS

0	33	44.00%
1 time	20	26.67%
2 times	18	24.00%
3-4 times	4	5.33%
5-6 times	0	0.00%
grt than 6	0	0.00%

BED TIME

6-7 pm	1	1.33%
7-8 pm	29	38.67%
8-9 pm	39	52.00%
9-10 pm	5	6.67%
10-11 pm	1	1.33%
11-12 pm	0	0.00%
12 am or later	0	0.00%

GET UP TIME

before 5 am	1	1.33%
5-6 am	31	41.33%
6-7 am	34	45.33%
7-8 am	8	10.67%
8-9 am	1	1.33%
9-10 am	0	0.00%
later than 10 am	0	0.00%

TIME IN BED

under 5 hrs	0	0.00%
5-6 hrs	0	0.00%
6-7 hrs	0	0.00%
7-8 hrs	0	0.00%
8-9 hrs	16	21.33%
9-10 hrs	27	36.00%
10-12 hrs	32	42.67%
over 12 hrs	0	0.00%

ONSET LATENCY

under 30 min	46	61.33%
30-45 min	9	12.00%
45-60 min	6	8.00%
60-75 min	2	2.67%
75-90 min	0	0.00%
over 90 min	12	16.00%

SLEEP EFFICIENCY

over 85%	18	24.00%
80-85%	3	4.00%
70-80%	11	14.67%
60-70%	11	14.67%
50-60%	7	9.33%
under 50%	25	33.33%

Wake After Sleep Onset

WASO (in minutes)

under 30 min	20	26.67%
30-60 min	15	20.00%
60-90 min	8	10.67%
90-120 min	7	9.33%
over 120 min	25	33.33%

RSVP APRIL-JUNE 2013 ACTIGRAPHY SUMMARY

TALT-Time Above White Light Threshold(1000 lux)

under 10 min	3	3.57%
10-30 min	9	10.71%
30-40 min	15	17.86%
40-50 min	17	20.24%
50-75 min	17	20.24%
75-100 min	16	19.05%
over 100 min	7	8.33%

PREVALENCE OF NAPS

over 2 naps	0	0.00%
2 naps	3	3.57%
1 nap over 60 min	3	3.57%
1 nap 30-60 min	16	19.05%
0 naps	62	73.81%
Acute medical cond	0	0.00%
Hospice	0	0.00%

NIGHT DISRUPTIONS

0	49	58.33%
1 time	33	39.29%
2 times	2	2.38%
3-4 times	0	0.00%
5-6 times	0	0.00%
grt than 6	0	0.00%

BED TIME

6-7 pm	2	2.38%
7-8 pm	29	34.52%
8-9 pm	38	45.24%
9-10 pm	14	16.67%
10-11 pm	1	1.19%
11-12 pm	0	0.00%
12 am or later	0	0.00%

GET UP TIME

before 5 am	2	2.38%
5-6 am	26	30.95%
6-7 am	31	36.90%
7-8 am	17	20.24%
8-9 am	4	4.76%
9-10 am	4	4.76%
later than 10 am	0	0.00%

TIME IN BED

under 5 hrs	0	0.00%
5-6 hrs	0	0.00%
6-7 hrs	4	4.76%
7-8 hrs	3	3.57%
8-9 hrs	12	14.29%
9-10 hrs	39	46.43%
10-12 hrs	25	29.76%
over 12 hrs	1	1.19%

ONSET LATENCY

under 30 min	64	76.19%
30-45 min	4	4.76%
45-60 min	4	4.76%
60-75 min	2	2.38%
75-90 min	0	0.00%
over 90 min	10	11.90%

SLEEP EFFICIENCY

over 85%	34	40.48%
80-85%	9	10.71%
70-80%	17	20.24%
60-70%	15	17.86%
50-60%	4	4.76%
under 50%	5	5.95%

Wake After Sleep Onset

WASO (in minutes)

under 30 min	17	20.24%
30-60 min	23	27.38%
60-90 min	19	22.62%
90-120 min	8	9.52%
over 120 min	17	20.24%