# CIVIL MONEY PENALTY (CMP) FUNDED PROJECT FINAL REPORT

**Grantee** 

Brewster Village 3300 West Brewster Street Appleton, WI 54913

**Project Title** 

Fit Bits and iPods to monitor sleep patterns

**Award Amount** 

\$5,000

**Grant Period** 

February 15, 2017-February 14, 2018

**Additional Information and Resources** 



Department of Health Services / Division of Quality Assurance Quality Assurance and Improvement Committee

This project report has been prepared by the author under a research grant from the Department of Health Services (DHS) Quality Assurance and Improvement Committee. The views expressed in the report/training are personal to the author and do not necessarily reflect the view of the Department of Health Services or any of its staff and do not bind the Department in any manner.

F-01593 (08/2015)



## **Project Evaluation Report**

## Fitbits to Monitor Sleep/Wake Patterns in the Dementia Population

Brewster Village Outagamie County Appleton, Wisconsin

## October 2017

CENTER FOR CAREER DEVELOPMENT (CCDET)
UNIVERSITY OF WISCONSIN OSHKOSH • 800 ALGOMA BLVD • OSHKOSH WI
54901-8688

(920) 424-3034 • FAX (920) 424-1112

An Equal Opportunity/Affirmative Action Institution • http://www.uwosh.edu/

#### **Executive Summary**

The purpose of this evaluation report was to test the hypothesis that sleep patterns can provide insight into the occurrence of resident falls and yield useful information to be used in assessment and intervention for improvement in multiple health-related areas. The results will be useful in assessing resident fall patterns and timing and in identifying and implementing appropriate interventions to enhance the quality of sleep and improve overall wellness.

The findings highlighted important trends related to resident sleep patterns and fall occurrences. These findings include a clear correlation between TST (total sleep time in 24 hours) and resident fall incidents reported. Nearly 55% (51 out of 94) of the fall incidents reported during the project were experienced by residents who had less than five hours of TST. There was also a clear correlation between time of day and the occurrence of resident fall incidents. Over 55% (52 out of 94) of the fall incidents occurred during the P.M. shift (2:00 – 10:30 P.M.)

These findings have implications on a number of levels – from staffing and scheduling to training and information access for care providers. Resident safety and well-being are very important, and fall prevention measures should ideally be designed into daily care plans and reinforced at an organizational level.

Knowledge of trends such as those detailed in this report can have many positive impacts, including: enhanced awareness of resident health status, improved daily care planning, improved identification and monitoring of those at risk of falling, and enhanced design and implementation of strategies and interventions aimed at fall prevention.

Training is and will continue to be a critical factor in developing plans for and providing optimal care. It will be important for all caregivers to be familiar with the relationship between sleep patterns and fall incidents. Exploring electronic options to accomplish necessary data collection and access to that data will be essential, particularly in an industry characterized by high staff turnover and multiple caregivers throughout the day.

It is recommended that: 1) immediate steps be taken to consider these findings to identify and implement appropriate interventions to enhance the quality of sleep and improve overall wellness, 2) staff training needs be identified and addressed and 3) fall prevention measures be designed into daily care plans and reinforced at an organizational level.

#### **Project Description/Overview**

Brewster Village, a skilled nursing facility in Appleton, Wisconsin, provides care for residents living with long-term dementia. In an effort to identify opportunities to improve service and maximize quality of care for residents, Brewster Village implemented the "Fitbits to Monitor Sleep/Wake Patterns in the Dementia Population Project," a 12-month study (including six months of resident electronic monitoring) of the potential correlation between sleep patterns and the occurrence of resident falls. This project was funded through grant monies derived from Civil Money Penalty (CMP) Funds. Such grants are available for projects provided through various stakeholders, such as federally certified skilled nursing facilities (SNFs), and nursing facilities (NFs), consumer groups, professional nursing home associations, advocacy groups and quality improvement organizations.

University of Wisconsin (UW) Oshkosh Center for Career Development and Employability Training (CCDET) partnered with Brewster Village to produce this evaluation report. The report's intent is to capture the process and results of the Fitbits to Monitor Sleep/Wake Patterns in the Dementia Population Project and to identify potential next steps to utilize and build on findings with the goals of improving individual care plans and resident care.

The purpose of this project was to test the hypothesis that sleep patterns can provide insight into the occurrence of resident falls and yield useful information in adopting personal care plans to reduce the occurrence of falls incidents. The results of this project will be used in assessment and intervention for improvement in multiple health related areas and will be considered in developing more specific person-directed care plans to better enhance the quality of life for the residents living at Brewster Village.

Evaluation data was collected by Brewster Village including using Fitbits to monitor overall sleep patterns and collecting resident fall incident reports of residents living with dementia. Twelve Brewster Village residents participated and were monitored for a period of six months. This same target group of residents was monitored throughout the project.

For purposes of this evaluation report, Brewster Village provided one complete data report in an Excel spreadsheet format including sleep patterns and a resident fall incident report to UW Oshkosh CCDET for the twelve Brewster Village residents.

#### **Project Objectives**

The project objective was to collect and analyze resident sleep pattern data and fall incident report data in order to utilize findings in developing more specific person-directed care plans related to individual routines. The results of this project will be used to assess resident fall patterns and timing and to identify and implement appropriate interventions to enhance the quality of sleep and improve overall wellness.

#### Methods

**Design** – This study was completed within twelve months with resident monitoring carried out over six months, beginning February 20, 2017 and ending August 20, 2017. The study involved cross matching and evaluation of electronic (Fitbit) monitoring of resident sleep patterns and total sleep time (TST) in combination with observed/reported resident fall incidents.

**Setting** - Brewster Village, Outagamie County, Appleton, Wisconsin.

**Participants -** Twelve Brewster Village residents, living with dementia, were selected for monitoring throughout the entire project. Each resident was fitted with a Fitbit monitoring device and sleep patterns were tracked daily and recorded and resident fall incident reports were compiled over a six-month period.

**Gender** – Residents were equally divided – six females, six males.

**Age** – Residents ranged in age from 58 to 93 years of age, with nine (75%) being in the range of 80 – 89 years of age.

**Data Collection** - Fitbit sleep data and resident falls incident report records collected on a daily basis for six months were cross-matched into a comprehensive Excel spreadsheet. Ninety-four falls incidents occurred among the twelve residents during the six-month period of monitoring.

**Variables** – Variables considered in this analysis included:

- 1) TST (total sleep time in 24 hours) and
- 2) Fall incident reports as observed and recorded by care providers.

**Consent** - All residents provided written, informed consent. Each resident and/or his/her representative were provided an overview of the project purpose, method and objectives. Potential benefits were discussed as well as the role/responsibilities of the resident. A consent form was presented, explained and signed by each individual resident and/or his/her legal representative.

#### **Areas of Measurement**

TST (total sleep time in 24 hours) and the number of fall incidents were monitored and recorded for a period of six months, beginning February 20, 2017 and ending August 20, 2017.

The sleep variable, TST, comprised residents' 24-hour sleep patterns. For purposes of this analysis, the sleep patterns were categorized into four sleep groups indicating total time slept in 24 hours. A fifth category entitled "Sleep data not available" captures fall

incident report numbers, but not TST information, when corresponding sleep data was not available for a brief period.

The timing of falls as related to the work shifts throughout the day was considered based on data from the fall incident report. Six categories of timing/shifts were measured.

#### **Results/Conclusions**

Eleven of the twelve residents suffered one or more falls during the six months of monitoring for a total of 94 fall incidents. In analyzing the data collected key trends were immediately evident.

# 1 - Correlation between sleep time and fall incidents. There was a clear correlation between TST (total sleep time in 24 hours) and the occurrence of resident fall incidents. The highest number of fall incidents occurred for those individuals who had less than five hours of TST (total sleep time in 24 hours). Of the 94 falls incidents, 51 (nearly 55%) occurred when residents had less than five hours of sleep.

The TST categories and corresponding fall incident numbers are listed below:

- 1. Less than 300 minutes (< five hours) = 51 fall incidents
- 2. 300 420 minutes (five seven hours) = 17 fall incidents
- 3. More than 420 480 minutes (> seven eight hours) = seven fall incidents
- 4. More than 480 minutes (> eight hours) = five fall incidents
- 5. Sleep data not available = 14 fall incidents

Please refer to the Appendix, Chart "Resident Fall Incidents Correlated to TST (Total Sleep Time in 24 hours)" for graphic.

#2 - Correlation between time of day and fall incidents. There was a clear correlation between time of day and the occurrence of resident fall incidents. The highest number of fall incidents occurred during the P.M. shift (2:00 – 10:30 p.m.) Of the 94 falls incidents, 52 (just over 55%) occurred during the P.M. shift.

The time of day/shift categories along with the corresponding fall incident data are listed below:

- 1. A.M. Shift 6:00 A.M. 2:30 P.M. = 28 fall incidents
- 2. Shift Change 2:00 P.M. 2:30 P.M. = 2 fall incidents
- 3. P.M. Shift 2:00 P.M. 10:30 P.M. = 52 fall incidents
- 4. Shift Change 10:00 P.M. 10:30 P.M. = 1 fall incident
- 5. Night Shift 10: 00 P.M. 6:30 A.M. = 10 fall incidents
- 6. Shift Change -6:00 A.M. -6:30 A.M = 1 fall incident

Please refer to the Appendix, Chart "Resident Fall Incidents by Shift" for graphic.

**#3**. Wide variation of individual fall incidents. The 94 fall incidents averaged out to 1.3 falls per participating resident per month. However, the actual occurrence of falls by individual varied widely - from one individual experiencing no fall incidents to another experiencing just over 30 fall incidents during the project.

Three residents (25%) each experienced three fall incidents or less. Six of the residents (50%) each experienced four – nine fall incidents and three residents (25%) each experienced 10 or more fall incidents.

Categories of fall incidents by individual below:

- 1. Zero three fall incidents = three residents
- 2. Four nine fall incidents = six residents
- 3. 10--20 fall incidents = two residents
- 4. More than 20 fall incidents = one resident

Despite the range of fall incidents among individual residents, care planning for all individuals will ideally consider the increased occurrence of fall incidences for those with TST (total sleep time) of five hours or less and during the P.M. shift.

#### <u>Implications</u>

The findings of this project have implications on a number of levels – from staffing and scheduling to training and information access for care providers. Resident safety and well-being are very important, and fall prevention measures should ideally be designed into daily care plans and reinforced at an organizational level.

Knowledge of trends such as those detailed in this report can have many positive impacts, including: enhanced awareness of resident health status, improved daily care planning, improved identification/tracking of those at risk of falling, and enhanced design/implementation of strategies and interventions aimed at fall prevention.

Training is and will continue to be a critical factor in developing plans for and providing optimal care. It will be important for all caregivers to be familiar with the relationship between sleep patterns and fall incidents. Exploring electronic options to accomplish necessary data collection and access will be essential, particularly in an industry characterized by high staff turnover and multiple caregivers throughout the day.

Ready access to ongoing sleep pattern and fall incident data will be important in highlighting changes in residents' health circumstances. Making such data easily accessible to all staff can help assure the best care possible. Going forward, exploring electronic options to accomplish such data access will be essential, particularly in an industry characterized by high staff turnover and multiple caregivers throughout the day.

#### Successes/Challenges

This study has some important strengths. The data collected provides useful insights into the relationship between sleep patterns and fall incidents. It also provides a framework for building a comprehensive system of tracking and monitoring a variety of variables that can serve to enhance individual care plans and increase quality of life.

There were some limitations. This was a small study (12 participants), focusing on only two variables (sleep patterns and resident fall incidents). There was some missing data on the Excel spreadsheet. The sleep data collected was for each 24 hour period only and did not indicate the actual time when sleep was occurring. The results are not generalized to other groups.

Staff time was required to monitor, collect and assemble the data into a final comprehensive Excel spreadsheet report and a fall incident report. Additional funding and staffing would likely be required to expand the study and/or increase the participating residents and/or variables monitored.

#### Next Steps/Opportunities

While this study comprises a small sample, it provides useful information on the interrelationship between sleep patterns and the occurrence of resident fall incidents in Brewster Village. It also serves as a meaningful baseline for future research, learning and application of data toward strategies to enhance individual care.

In addition to the insights derived from this project, more opportunities exist to build on the findings of this study. Considerations include:

- A. Take immediate steps to utilize findings to develop strategies where needed to enhance residents' quality of sleep and improve overall wellness.
- B. Expand the study. Consider whether this model of study should be expanded to a larger number of residents in Brewster Village. What criteria would be used to identify and select future participant groups? How would an expanded study be formatted to yield the most effective information?
- C. Research additional variables. Are there additional variables that would be beneficial to study further such as: medical history, cognitive function, physical activity, medications, walking speed/aids, use of spectacles, bifocals, and/or other factors? What criteria would be used to identify/determine priority variables?
- D. Explore new and emergent technologies. Technology is evolving with new devices and capabilities emerging rapidly. What is the best approach to access/explore new and

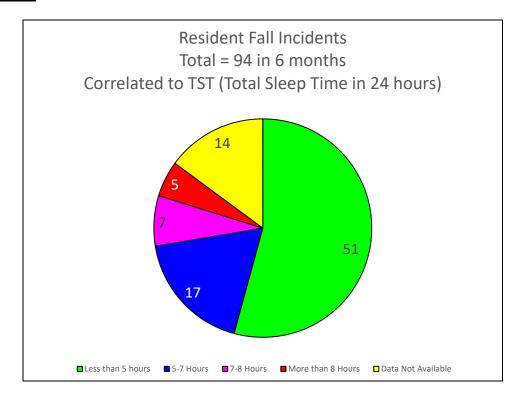
emergent technologies for monitoring/tracking a wide array of variables? How can technology be used most effectively, not only to monitor and collect data, but also to provide instant electronic access for caregivers to important resident health information? What technologies are other facilities using successfully? What criteria would be used to determine those technologies best suited for use in the Brewster Village setting?

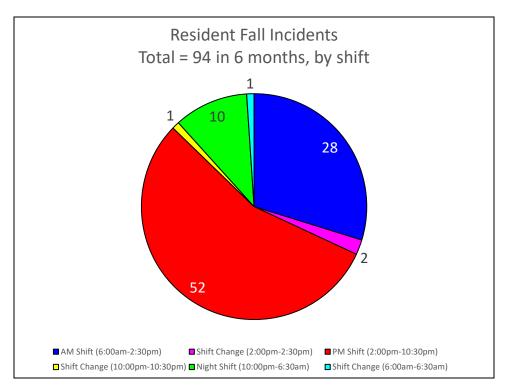
- E. Optimize networks. How can professional networks be utilized to learn more and identify/incorporate best practices for tracking/monitoring a range of variables and for providing digital access for caregivers to that data? Are there parallel projects (at a State, National, International level) which could inform future project design? How can the successes of similar initiatives be accessed/incorporated?
- F. Assure stakeholder support and secure necessary resources. How will positive results of this project be communicated to important stakeholders? How can challenges and barriers to success be discussed and addressed to increase the likelihood of success now and in the future? How can adequate resources be assured to move forward with improvements and to continue to conduct useful research? Studies such as this one require staff and funding resources to design, implement and evaluate. Using the results to develop and initiate new strategies to improve individual care plans can require increased staff and funding resources.

G Training and data access for staff. Training is and will continue to be a critical factor in developing plans for and providing optimal care. It will be important for caregivers to be familiar with the relationship between sleep patterns and fall incidents, and equally important to assure that essential data is readily available to all those who provide care throughout the day.

Ready access to ongoing sleep pattern and fall incident data will be important in highlighting changes in residents' health circumstances. Making such data easily accessible to all staff can help assure the best care possible. Going forward, exploring electronic options to accomplish such data access will be essential, particularly in an industry characterized by high staff turnover and multiple caregivers throughout the day.

### **Appendices**





## Sleep and Fall Data Collection

Any blank areas means the Fit Bit did not track or collect any data

Month 1
February 20th March 20th.

Column1	Column2	Column3	Column1	Column2	Column3
Date	Minutes of Sleep	Falls	Date	Minutes of Sleep	Falls
02/20/2017	235		02/20/2017	0	
02/21/2017	523		02/21/2017	0	
02/22/2017	439		02/22/2017	0	
02/23/2017	457		02/23/2017	0	
02/24/2017	0		02/24/2017	0	
02/25/2017	276		02/25/2017	0	
02/26/2017	312		02/26/2017	282	
02/27/2017	460		02/27/2017	278	
02/28/2017	299		02/28/2017	157	
03/01/2017	65		03/01/2017	187	
03/02/2017	431		03/02/2017	83	
03/03/2017	162		03/03/2017	328	
03/04/2017	307		03/04/2017	338	
03/05/2017	111		03/05/2017	275	
03/06/2017	714		03/06/2017	172	
03/07/2017	244		03/07/2017	105	
03/08/2017	773		03/08/2017	411	
03/09/2017	380		03/09/2017	139	
03/10/2017	247		03/10/2017	238	
03/11/2017	350		03/11/2017	71	
03/12/2017	103	Х	03/12/2017	313	
03/13/2017	475		03/13/2017	64	
03/14/2017	475	Х	03/14/2017	219	
03/15/2017	466		03/15/2017	0	
03/16/2017	0		03/16/2017	303	X
03/17/2017	492		03/17/2017	0	
03/18/2017	360		03/18/2017	638	
03/19/2017	378		03/19/2017	101	X
03/20/2017	457		03/20/2017	0	
		Falls = 2			Falls = 2
Total Minutes	9,991		Total Minutes	4,702	
Average/Day	370.0		Average/Day	235.1	
Average Hours/Day	6.2		Average Hours/Day	3.9	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	202	
02/21/2017	138	
02/22/2017	563	
02/23/2017	233	
02/24/2017	0	
02/25/2017	310	
02/26/2017	390	
02/27/2017	0	Х
02/28/2017	96	
03/01/2017	264	
03/02/2017	363	Х
03/03/2017	78	
03/04/2017	729	
03/05/2017	101	
03/06/2017	169	
03/07/2017	201	
03/08/2017	0	
03/09/2017	208	Х
03/10/2017	140	
03/11/2017	70	Х
03/12/2017	0	
03/13/2017	105	
03/14/2017	335	
03/15/2017	242	
03/16/2017	0	
03/17/2017	0	
03/18/2017	201	
03/19/2017	780	
03/20/2017	79	
		Falls = 4
Total Minutes	5,997	
Average/Day	260.7	
Average Hours/Day	4.3	

5

Month 1
February 20th March 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	239	
02/21/2017	353	
02/22/2017	350	
02/23/2017	309	
02/24/2017	0	
02/25/2017	154	
02/26/2017	484	
02/27/2017	324	
02/28/2017	349	
03/01/2017	321	
03/02/2017	284	
03/03/2017	599	Х
03/04/2017	248	
03/05/2017	458	
03/06/2017	293	
03/07/2017	303	
03/08/2017	390	
03/09/2017	337	
03/10/2017	428	
03/11/2017	303	
03/12/2017	0	
03/13/2017	403	
03/14/2017	149	
03/15/2017	430	
03/16/2017	204	
03/17/2017	391	
03/18/2017	437	
03/19/2017	170	
03/20/2017	314	
		Falls = 1
Total Minutes	9,024	
Average/Day	334.2	
Average Hours/Day	5.6	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	523	
02/21/2017	53	
02/22/2017	107	
02/23/2017	363	
02/24/2017	0	
02/25/2017	420	
02/26/2017	198	
02/27/2017	462	
02/28/2017	136	
03/01/2017	342	
03/02/2017	282	
03/03/2017	196	
03/04/2017	233	
03/05/2017	117	
03/06/2017	0	
03/07/2017	0	
03/08/2017	196	
03/09/2017	358	
03/10/2017	142	
03/11/2017	0	
03/12/2017	0	Х
03/13/2017	343	
03/14/2017	510	
03/15/2017	0	
03/16/2017	212	
03/17/2017	0	
03/18/2017	163	
03/19/2017	238	
03/20/2017	159	
		Falls = 1
Total Minutes	5,753	
Average/Day	261.5	
Average Hours/Day	4.4	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	350	
02/21/2017	270	
02/22/2017	102	
02/23/2017	363	
02/24/2017	83	
02/25/2017	348	
02/26/2017	334	
02/27/2017	238	
02/28/2017	188	
03/01/2017	286	
03/02/2017	550	
03/03/2017	57	
03/04/2017	141	
03/05/2017	101	
03/06/2017	538	
03/07/2017	317	
03/08/2017	423	
03/09/2017	288	
03/10/2017	339	
03/11/2017	305	
03/12/2017	158	
03/13/2017	48	
03/14/2017	293	
03/15/2017	445	
03/16/2017	458	
03/17/2017	919	
03/18/2017	235	
03/19/2017	415	
03/20/2017	305	
		Falls = 0
Total Minutes	8,897	
Average/Day	306.8	
Average Hours/Day	5.1	

Month 1
February 20th March 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	445	
02/21/2017	266	
02/22/2017	118	
02/23/2017	409	
02/24/2017	134	
02/25/2017	324	
02/26/2017	220	
02/27/2017	242	X
02/28/2017	36	
03/01/2017	414	
03/02/2017	84	
03/03/2017	29	
03/04/2017	311	
03/05/2017	372	
03/06/2017	241	
03/07/2017	367	
03/08/2017	113	
03/09/2017	248	
03/10/2017	129	
03/11/2017	324	
03/12/2017	375	
03/13/2017	118	
03/14/2017	366	
03/15/2017	125	
03/16/2017	487	
03/17/2017	147	
03/18/2017	115	Х
03/19/2017	51	
03/20/2017	19	
		Falls = 2
Total Minutes	6,629	
Average/Day	228.6	
Average Hours/Day	3.8	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	363	
02/21/2017	528	
02/22/2017	621	
02/23/2017	615	
02/24/2017	392	
02/25/2017	53	
02/26/2017	507	
02/27/2017	258	
02/28/2017	443	
03/01/2017	364	
03/02/2017	345	
03/03/2017	451	
03/04/2017	535	
03/05/2017	90	
03/06/2017	436	
03/07/2017	508	
03/08/2017	43	
03/09/2017	400	
03/10/2017	294	
03/11/2017	462	
03/12/2017	354	
03/13/2017	444	
03/14/2017	0	
03/15/2017	572	
03/16/2017	172	
03/17/2017	397	
03/18/2017	489	
03/19/2017	0	
03/20/2017	766	
		Falls = 0
Total Minutes	10,902	
Average/Day	403.8	
Average Hours/Day	6.7	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	138	
02/21/2017	351	
02/22/2017	62	
02/23/2017	271	
02/24/2017	114	
02/25/2017	119	
02/26/2017	195	
02/27/2017	295	
02/28/2017	85	
03/01/2017	97	
03/02/2017	279	
03/03/2017	353	
03/04/2017	601	
03/05/2017	234	
03/06/2017	459	
03/07/2017	346	
03/08/2017	217	Х
03/09/2017	167	
03/10/2017	407	
03/11/2017	476	
03/12/2017	398	
03/13/2017	358	
03/14/2017	288	
03/15/2017	178	
03/16/2017	293	
03/17/2017	175	
03/18/2017	487	
03/19/2017	336	
03/20/2017	660	
		Falls = 1
Total Minutes	8,439	
Average/Day	291.0	
Average Hours/Day	4.9	

11

12

Month 1
February 20th March 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	405	
02/21/2017		
02/22/2017	140	
02/23/2017	58	
02/24/2017		
02/25/2017		
02/26/2017		
02/27/2017		
02/28/2017		Χ
03/01/2017	56	
03/02/2017		
03/03/2017		
03/04/2017		
03/05/2017		
03/06/2017		
03/07/2017		
03/08/2017		
03/09/2017		
03/10/2017		
03/11/2017		
03/12/2017		
03/13/2017	208	
03/14/2017		
03/15/2017		
03/16/2017		
03/17/2017		
03/18/2017		
03/19/2017		
03/20/2017		X
		Falls = 2
Total Minutes	867	
Average/Day	173.4	
Average Hours/Day	2.9	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	404	X, X
02/21/2017	343	
02/22/2017	103	
02/23/2017	209	
02/24/2017	0	
02/25/2017	195	
02/26/2017	0	
02/27/2017	131	
02/28/2017	56	
03/01/2017	85	
03/02/2017	0	
03/03/2017	0	Х
03/04/2017	0	
03/05/2017	197	
03/06/2017	61	
03/07/2017	145	
03/08/2017	140	
03/09/2017	161	
03/10/2017	516	Х
03/11/2017	233	
03/12/2017	0	
03/13/2017	174	
03/14/2017	87	
03/15/2017	55	
03/16/2017	0	X, X
03/17/2017	198	
03/18/2017	92	
03/19/2017	82	Х
03/20/2017	0	
		Falls = 7
Total Minutes	3,667	
Average/Day	174.6	
Average Hours/Day	2.9	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
02/20/2017	307	
02/21/2017	224	
02/22/2017	191	
02/23/2017	92	
02/24/2017	0	
02/25/2017	83	
02/26/2017	63	
02/27/2017	270	
02/28/2017	0	
03/01/2017	0	
03/02/2017	0	
03/03/2017	0	
03/04/2017	0	
03/05/2017	0	
03/06/2017	0	
03/07/2017	202	
03/08/2017	193	
03/09/2017	344	
03/10/2017	138	
03/11/2017	285	
03/12/2017	232	
03/13/2017	279	
03/14/2017	43	
03/15/2017	345	
03/16/2017	203	
03/17/2017	72	
03/18/2017	425	
03/19/2017	140	
03/20/2017	216	
		Falls = 0
Total Minutes	4,347	
Average/Day	207.0	
Average Hours/Day	3.5	

2

3

## Month 2

March 21th - April 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	126	
03/22/2017	157	
03/23/2017	200	
03/24/2017	255	
03/25/2017	499	
03/26/2017	0	
03/27/2017	580	
03/28/2017	646	
03/29/2017	409	
03/30/2017	330	
03/31/2017	605	
04/01/2017	449	
04/02/2017	594	
04/03/2017	524	X
04/04/2017	420	
04/05/2017	129	
04/06/2017	285	
04/07/2017	372	X
04/08/2017	456	
04/09/2017	618	X
04/10/2017	542	
04/11/2017	569	
04/12/2017	499	
04/13/2017	588	
04/14/2017	520	
04/15/2017	583	
04/16/2017	587	
04/17/2017	342	
04/18/2017	249	
04/19/2017	473	
04/20/2017	494	
		Falls = 3
Total Minutes	13,100	
Average/Day	436.7	
Average Hours/Day	7.3	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	197	
03/22/2017	88	
03/23/2017	244	
03/24/2017	315	
03/25/2017	216	
03/26/2017	0	
03/27/2017	73	
03/28/2017	191	
03/29/2017	0	
03/30/2017	178	
03/31/2017	315	
04/01/2017	70	Х
04/02/2017	288	
04/03/2017	61	
04/04/2017	82	
04/05/2017	80	
04/06/2017	47	
04/07/2017	86	
04/08/2017	204	
04/09/2017	245	
04/10/2017	157	
04/11/2017	0	
04/12/2017	213	
04/13/2017	292	
04/14/2017	290	
04/15/2017	392	
04/16/2017	0	
04/17/2017	272	
04/18/2017	96	
04/19/2017	117	
04/20/2017	197	
		Falls = 1
Total Minutes	5,006	
Average/Day	185.4	
Average Hours/Day	3.1	

Column1	Column2	Column3		
Date	Minutes of Sleep Falls			
03/21/2017	626			
03/22/2017	331			
03/23/2017	95			
03/24/2017	142			
03/25/2017	371			
03/26/2017	326			
03/27/2017	182			
03/28/2017	287			
03/29/2017	458			
03/30/2017	260			
03/31/2017	327			
04/01/2017	315	X		
04/02/2017	813			
04/03/2017	209			
04/04/2017	206			
04/05/2017	343			
04/06/2017	595			
04/07/2017	144			
04/08/2017	387			
04/09/2017	307			
04/10/2017	680			
04/11/2017	68	Х		
04/12/2017	376			
04/13/2017	350			
04/14/2017	306			
04/15/2017	0			
04/16/2017	518			
04/17/2017	310			
04/18/2017	710			
04/19/2017	310			
04/20/2017	171	Х		
		Falls = 3		
Total Minutes	10,523			
Average/Day	341.2			
Average Hours/Day	5.7			

5

## Month 2

March 21th - April 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	347	
03/22/2017	438	
03/23/2017	302	
03/24/2017	218	
03/25/2017	600	
03/26/2017	334	
03/27/2017	536	
03/28/2017	191	
03/29/2017	292	
03/30/2017	258	
03/31/2017	287	
04/01/2017	297	
04/02/2017	298	
04/03/2017	408	
04/04/2017	330	
04/05/2017	391	
04/06/2017	0	
04/07/2017	591	
04/08/2017	178	
04/09/2017	458	
04/10/2017	165	
04/11/2017	349	
04/12/2017	470	
04/13/2017	424	
04/14/2017	383	
04/15/2017	266	
04/16/2017	356	
04/17/2017	425	
04/18/2017	324	
04/19/2017	202	
04/20/2017	0	
		Falls = 0
Total Minutes	10,118	
Average/Day	330.9	
Average Hours/Day	5.5	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	100	
03/22/2017	94	
03/23/2017	102	
03/24/2017	144	
03/25/2017	450	
03/26/2017	0	
03/27/2017	323	
03/28/2017	69	
03/29/2017	325	
03/30/2017	109	
03/31/2017	153	
04/01/2017	186	
04/02/2017	0	
04/03/2017	78	
04/04/2017	0	
04/05/2017	65	
04/06/2017	326	
04/07/2017	126	
04/08/2017	325	
04/09/2017	180	
04/10/2017	213	
04/11/2017	69	
04/12/2017	0	
04/13/2017	400	
04/14/2017	219	
04/15/2017	0	
04/16/2017	359	
04/17/2017	86	
04/18/2017	373	
04/19/2017	0	
04/20/2017	0	
		Falls = 0
Total Minutes	4,874	
Average/Day	160.2	
Average Hours/Day	2.7	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	355	Х
03/22/2017	507	
03/23/2017	343	
03/24/2017	252	
03/25/2017	108	
03/26/2017	548	
03/27/2017	189	
03/28/2017	158	
03/29/2017	388	
03/30/2017	336	
03/31/2017	216	
04/01/2017	268	
04/02/2017	378	
04/03/2017	394	
04/04/2017	481	
04/05/2017	580	
04/06/2017	311	
04/07/2017	289	
04/08/2017	547	
04/09/2017	526	
04/10/2017	405	
04/11/2017	388	
04/12/2017	393	
04/13/2017	387	
04/14/2017	449	
04/15/2017	382	
04/16/2017	391	
04/17/2017	308	
04/18/2017	330	
04/19/2017	374	
04/20/2017	267	
		Falls = 1
Total Minutes	11,248	
Average/Day	369.7	
Average Hours/Day	6.2	

8

9

#### Month 2 March 21th - April 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	57	
03/22/2017	97	
03/23/2017	322	
03/24/2017	241	
03/25/2017	191	
03/26/2017	196	
03/27/2017	172	
03/28/2017	104	
03/29/2017	567	
03/30/2017	161	
03/31/2017	0	
04/01/2017	326	
04/02/2017	252	
04/03/2017	259	Х
04/04/2017	238	
04/05/2017	0	Х
04/06/2017	103	
04/07/2017	649	
04/08/2017	185	
04/09/2017	0	
04/10/2017	167	
04/11/2017	810	
04/12/2017	123	
04/13/2017	311	
04/14/2017	536	
04/15/2017	414	
04/16/2017	380	
04/17/2017	556	
04/18/2017	670	
04/19/2017	218	
04/20/2017	98	
		Falls = 2
Total Minutes	8,403	
Average/Day	276.6	
Average Hours/Day	4.6	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	233	
03/22/2017	451	
03/23/2017	48	
03/24/2017	279	
03/25/2017	362	
03/26/2017	345	
03/27/2017	322	
03/28/2017	0	
03/29/2017	314	
03/30/2017	583	
03/31/2017	303	
04/01/2017	209	
04/02/2017	415	
04/03/2017	415	
04/04/2017	170	
04/05/2017	668	
04/06/2017	290	
04/07/2017	695	
04/08/2017	402	
04/09/2017	431	
04/10/2017	389	
04/11/2017	344	
04/12/2017	433	
04/13/2017	194	
04/14/2017	343	
04/15/2017	248	
04/16/2017	361	
04/17/2017	605	
04/18/2017	300	
04/19/2017	416	
04/20/2017	572	
		Falls = 0
Total Minutes	11,140	
Average/Day	371.3	
Average Hours/Day	6.2	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	383	
03/22/2017	0	
03/23/2017	473	
03/24/2017	305	
03/25/2017	270	
03/26/2017	197	
03/27/2017	74	
03/28/2017	548	
03/29/2017	306	
03/30/2017	393	Х
03/31/2017	105	
04/01/2017	192	
04/02/2017	204	
04/03/2017	379	
04/04/2017	282	
04/05/2017	352	
04/06/2017	328	
04/07/2017	314	
04/08/2017	227	
04/09/2017	311	
04/10/2017	190	
04/11/2017	436	
04/12/2017	262	
04/13/2017	373	
04/14/2017	219	
04/15/2017	313	
04/16/2017	0	
04/17/2017	356	
04/18/2017	463	
04/19/2017	180	
04/20/2017	365	
		Falls = 1
Total Minutes	8,800	
Average/Day	303.4	
Average Hours/Day	5.1	

11

#### 12

#### Month 2 March 21th - April 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017		
03/22/2017		
03/23/2017		
03/24/2017		
03/25/2017		Х
03/26/2017		
03/27/2017		
03/28/2017		
03/29/2017		
03/30/2017		
03/31/2017		
04/01/2017		
04/02/2017	169	
04/03/2017		
04/04/2017	66	
04/05/2017		
04/06/2017		
04/07/2017		
04/08/2017		
04/09/2017		
04/10/2017		
04/11/2017	211	
04/12/2017		
04/13/2017		Х
04/14/2017		
04/15/2017		
04/16/2017		
04/17/2017		
04/18/2017		
04/19/2017		
04/20/2017		
		Falls = 2
Total Minutes	446	
Average/Day	148.7	
Average Hours/Day	2.5	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	137	
03/22/2017	0	X,X
03/23/2017	214	
03/24/2017	43	
03/25/2017	0	
03/26/2017	294	
03/27/2017	0	
03/28/2017	43	
03/29/2017	133	
03/30/2017	31	Х
03/31/2017	50	
04/01/2017	363	
04/02/2017	87	
04/03/2017	109	
04/04/2017	68	
04/05/2017	330	
04/06/2017	135	
04/07/2017	0	
04/08/2017	185	
04/09/2017	178	
04/10/2017	118	
04/11/2017	313	
04/12/2017	103	X,X
04/13/2017	128	
04/14/2017	148	
04/15/2017	0	
04/16/2017	28	
04/17/2017	0	
04/18/2017	0	
04/19/2017	0	
04/20/2017	0	
		Falls = 5
Total Minutes	3,238	
Average/Day	147.2	
Average Hours/Day	2.5	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
03/21/2017	230	
03/22/2017	283	
03/23/2017	251	
03/24/2017	59	
03/25/2017	0	
03/26/2017	224	
03/27/2017	125	
03/28/2017	153	
03/29/2017	0	
03/30/2017	125	
03/31/2017	184	
04/01/2017	271	
04/02/2017	297	
04/03/2017	275	
04/04/2017	136	
04/05/2017	125	
04/06/2017	248	
04/07/2017	238	
04/08/2017	249	
04/09/2017	228	
04/10/2017	115	
04/11/2017	67	
04/12/2017	359	
04/13/2017	396	
04/14/2017	0	
04/15/2017	165	
04/16/2017	80	
04/17/2017	407	
04/18/2017	0	
04/19/2017	0	
04/20/2017	0	
		Falls = 0
Total Minutes	5,290	
Average/Day	211.6	
Average Hours/Day	3.5	

3

Month 3
April 21th - May 20th.

Column1	Column2	Column3	Column1	Column2	Column3
Date	Minutes of Sleep	Falls	Date	Minutes of Sleep	Falls
04/21/2017	405		04/21/2017	92	
04/22/2017	429		04/22/2017	72	
04/23/2017	320		04/23/2017	226	
04/24/2017	468		04/24/2017	55	
04/25/2017	313		04/25/2017	201	
04/26/2017	99		04/26/2017	244	
04/27/2017	121		04/27/2017	90	
04/28/2017	0		04/28/2017	0	
04/29/2017	0		04/29/2017	349	
04/30/2017	256		04/30/2017	0	
05/01/2017	424		05/01/2017	182	
05/02/2017	318		05/02/2017	100	
05/03/2017	642		05/03/2017	0	
05/04/2017	275		05/04/2017	0	
05/05/2017	622		05/05/2017	111	
05/06/2017	408		05/06/2017	278	
05/07/2017	435		05/07/2017	256	
05/08/2017	580		05/08/2017	204	
05/09/2017	66		05/09/2017	197	
05/10/2017	194		05/10/2017	157	
05/11/2017	411		05/11/2017	219	
05/12/2017	439		05/12/2017	674	
05/13/2017	448	Х	05/13/2017	261	
05/14/2017	403		05/14/2017	123	
05/15/2017	314		05/15/2017	430	
05/16/2017	489		05/16/2017	0	
05/17/2017	351		05/17/2017	0	
05/18/2017	128		05/18/2017	245	
05/19/2017	57		05/19/2017	597	
05/20/2017	574		05/20/2017	0	
		Falls=1			Falls=0
Total Minutes	9,989		Total Minutes	5,363	
Average/Day	356.8		Average/Day	233.2	
Average Hours/Day	5.9		Average Hours/Day	3.9	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	112	
04/22/2017	225	
04/23/2017	415	Х
04/24/2017	318	
04/25/2017	400	
04/26/2017	426	
04/27/2017	760	
04/28/2017	99	
04/29/2017	510	
04/30/2017	96	
05/01/2017	557	
05/02/2017	197	
05/03/2017	707	
05/04/2017	212	
05/05/2017	103	
05/06/2017	91	
05/07/2017	141	
05/08/2017	361	
05/09/2017	59	
05/10/2017	316	
05/11/2017	358	
05/12/2017	239	
05/13/2017	34	
05/14/2017	255	Х
05/15/2017	529	
05/16/2017	142	
05/17/2017	400	Χ
05/18/2017	195	
05/19/2017	108	
05/20/2017	60	
		Falls=3
Total Minutes	8,425	
Average/Day	280.8	
Average Hours/Day	4.7	

5

Month 3
April 21th - May 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	754	
04/22/2017	588	
04/23/2017	345	
04/24/2017	894	
04/25/2017	414	
04/26/2017	292	
04/27/2017	372	
04/28/2017	357	
04/29/2017	612	
04/30/2017	205	
05/01/2017	509	
05/02/2017	351	
05/03/2017	246	
05/04/2017	168	
05/05/2017	493	
05/06/2017	384	
05/07/2017	370	
05/08/2017	257	
05/09/2017	424	X
05/10/2017	362	
05/11/2017	443	
05/12/2017	994	
05/13/2017	345	
05/14/2017	275	
05/15/2017	206	
05/16/2017	407	
05/17/2017	515	
05/18/2017	337	
05/19/2017	442	
05/20/2017	236	
		Falls=1
Total Minutes	12,597	
Average/Day	419.9	
Average Hours/Day	7.0	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	178	
04/22/2017	90	
04/23/2017	95	
04/24/2017	263	
04/25/2017	205	
04/26/2017	0	Х
04/27/2017	183	
04/28/2017	0	
04/29/2017	0	
04/30/2017	573	
05/01/2017	0	
05/02/2017	329	
05/03/2017	58	
05/04/2017	0	
05/05/2017	343	
05/06/2017	0	
05/07/2017	557	
05/08/2017	103	
05/09/2017	0	Х
05/10/2017	162	
05/11/2017	92	
05/12/2017	245	
05/13/2017	0	
05/14/2017	0	
05/15/2017	85	
05/16/2017	243	
05/17/2017	60	
05/18/2017	273	
05/19/2017	0	
05/20/2017	206	
		Falls=2
Total Minutes	4,343	
Average/Day	217.2	
Average Hours/Day	3.6	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	223	
04/22/2017	488	
04/23/2017	385	
04/24/2017	283	
04/25/2017	545	
04/26/2017	364	
04/27/2017	410	
04/28/2017	291	
04/29/2017	223	
04/30/2017	393	
05/01/2017	348	
05/02/2017	434	
05/03/2017	412	
05/04/2017	387	
05/05/2017	372	
05/06/2017	323	
05/07/2017	443	
05/08/2017	257	
05/09/2017	299	
05/10/2017	246	
05/11/2017	464	
05/12/2017	594	
05/13/2017	340	
05/14/2017	87	
05/15/2017	0	
05/16/2017	262	
05/17/2017	415	
05/18/2017	366	
05/19/2017	481	
05/20/2017	0	
		Falls=0
Total Minutes	10,135	
Average/Day	362.0	
Average Hours/Day	6.0	

Month 3
April 21th - May 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	369	Х
04/22/2017	464	
04/23/2017	536	
04/24/2017	416	
04/25/2017	93	
04/26/2017	0	
04/27/2017	419	
04/28/2017	252	
04/29/2017	29	
04/30/2017	398	
05/01/2017	241	
05/02/2017	296	
05/03/2017	518	
05/04/2017	586	
05/05/2017	464	
05/06/2017	400	
05/07/2017	127	
05/08/2017	239	
05/09/2017	116	
05/10/2017	280	
05/11/2017	60	
05/12/2017	74	
05/13/2017	0	
05/14/2017	0	
05/15/2017	0	
05/16/2017	65	
05/17/2017	202	
05/18/2017	84	
05/19/2017	799	Χ
05/20/2017	93	
		Falls=2
Total Minutes	7,620	
Average/Day	293.1	
Average Hours/Day	4.9	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	636	
04/22/2017	75	
04/23/2017	298	
04/24/2017	604	
04/25/2017	0	
04/26/2017	0	
04/27/2017	0	
04/28/2017	0	
04/29/2017	0	
04/30/2017	0	
05/01/2017	0	
05/02/2017	0	
05/03/2017	113	
05/04/2017	109	
05/05/2017	102	
05/06/2017	0	
05/07/2017	378	
05/08/2017	315	
05/09/2017	55	
05/10/2017	325	
05/11/2017	138	
05/12/2017	15	
05/13/2017	0	
05/14/2017	0	
05/15/2017	0	
05/16/2017	0	
05/17/2017	247	
05/18/2017	161	
05/19/2017	419	
05/20/2017	113	
		Falls=0
Total Minutes	4,103	
Average/Day	241.4	
Average Hours/Day	4.0	

California	Calama	C-12
Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	447	
04/22/2017	273	
04/23/2017	178	
04/24/2017	356	
04/25/2017	367	
04/26/2017	363	
04/27/2017	391	
04/28/2017	157	
04/29/2017	0	
04/30/2017	80	
05/01/2017	338	
05/02/2017	154	
05/03/2017	269	
05/04/2017	455	
05/05/2017	484	
05/06/2017	68	
05/07/2017	498	
05/08/2017	602	
05/09/2017	354	
05/10/2017	319	
05/11/2017	607	
05/12/2017	368	
05/13/2017	0	
05/14/2017	0	
05/15/2017	0	
05/16/2017	328	
05/17/2017	389	
05/18/2017	427	
05/19/2017	133	
05/20/2017	311	
		Falls=0
Total Minutes	8,716	
Average/Day	335.2	
Average Hours/Day	5.6	

11

Month 3
April 21th - May 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017		
04/22/2017		
04/23/2017		
04/24/2017		
04/25/2017		
04/26/2017		
04/27/2017		
04/28/2017		
04/29/2017		
04/30/2017		
05/01/2017		
05/02/2017		
05/03/2017		
05/04/2017		
05/05/2017		
05/06/2017		
05/07/2017		
05/08/2017		
05/09/2017		
05/10/2017		
05/11/2017		
05/12/2017		
05/13/2017		
05/14/2017		
05/15/2017		
05/16/2017		
05/17/2017		
05/18/2017		
05/19/2017		
05/20/2017		
Total Minutes		
Average/Day		
Average Hours/Day		

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	0	
04/22/2017	0	
04/23/2017	0	
04/24/2017	0	
04/25/2017	0	
04/26/2017	0	
04/27/2017	0	
04/28/2017	0	
04/29/2017	0	
04/30/2017	0	X
05/01/2017	0	
05/02/2017	0	
05/03/2017	0	
05/04/2017	0	
05/05/2017	0	
05/06/2017	0	
05/07/2017	0	X, X
05/08/2017	0	Х
05/09/2017	0	
05/10/2017	0	
05/11/2017	0	Х
05/12/2017	0	
05/13/2017	0	
05/14/2017	0	
05/15/2017	422	
05/16/2017	0	
05/17/2017	0	
05/18/2017	0	
05/19/2017	0	
05/20/2017	0	
	Not Recorded	- " -
T	422	Falls=5
Total Minutes	422	
Average/Day	422.0	
Average Hours/Day	7.0	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
04/21/2017	0	
04/22/2017	0	
04/23/2017	0	
04/24/2017	0	
04/25/2017	0	
04/26/2017	0	
04/27/2017	0	
04/28/2017	0	
04/29/2017	0	
04/30/2017	0	
05/01/2017	0	
05/02/2017	0	
05/03/2017	0	
05/04/2017	0	
05/05/2017	0	
05/06/2017	0	
05/07/2017	0	
05/08/2017	0	
05/09/2017	0	
05/10/2017	0	
05/11/2017	0	
05/12/2017	0	
05/13/2017	0	
05/14/2017	0	
05/15/2017	0	
05/16/2017	0	
05/17/2017	0	
05/18/2017	0	
05/19/2017	0	
05/20/2017	0	
	Not Recorded	
		Falls=0
Total Minutes	0	
Average/Day	0.0	
Average Hours/Day	0.0	

Month 4 May 21th - June 20th.

Column1	Column2	Column3	Column1	Column2	Column3
Date	Minutes of Sleep	Falls	Date	Minutes of Sleep	Falls
05/21/2017	441		05/21/2017	300	
05/22/2017	0		05/22/2017	0	
05/23/2017	514		05/23/2017	129	
05/24/2017	355		05/24/2017	200	
05/25/2017	257		05/25/2017	382	
05/26/2017	219		05/26/2017	68	
05/27/2017	464	Х	05/27/2017	267	
05/28/2017	181		05/28/2017	36	
05/29/2017	340	Х	05/29/2017	143	
05/30/2017	368		05/30/2017	311	
05/31/2017	362		05/31/2017	75	
06/01/2017	204		06/01/2017	148	
06/02/2017	545		06/02/2017	88	
06/03/2017	0		06/03/2017	132	
06/04/2017	0		06/04/2017	94	
06/05/2017	75		06/05/2017	892	
06/06/2017	488		06/06/2017	0	
06/07/2017	450		06/07/2017	85	
06/08/2017	732		06/08/2017	360	
06/09/2017	567		06/09/2017	0	
06/10/2017	584		06/10/2017	357	
06/11/2017	720		06/11/2017	227	Х
06/12/2017	306		06/12/2017	0	
06/13/2017	937		06/13/2017	442	
06/14/2017	520		06/14/2017	0	
06/15/2017	51		06/15/2017	0	
06/16/2017	193		06/16/2017	501	
06/17/2017	304	Х	06/17/2017	85	
06/18/2017	0		06/18/2017	167	
06/19/2017	580		06/19/2017	98	
06/20/2017	398		06/20/2017	408	
		Falls=3			Fall=1
Total Minutes	11,155		Total Minutes	5,995	
Average/Day	413.1		Average/Day	239.8	
Average Hours/Day	6.9		Average Hours/Day	4.0	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	457	
05/22/2017	149	
05/23/2017	582	
05/24/2017	301	
05/25/2017	81	
05/26/2017	246	
05/27/2017	266	
05/28/2017	465	Х
05/29/2017	204	
05/30/2017	65	
05/31/2017	719	
06/01/2017	153	
06/02/2017	338	
06/03/2017	434	
06/04/2017	659	
06/05/2017	186	
06/06/2017	296	
06/07/2017	439	
06/08/2017	436	
06/09/2017	349	
06/10/2017	179	
06/11/2017	462	Х
06/12/2017	168	
06/13/2017	416	
06/14/2017	335	
06/15/2017	167	
06/16/2017	386	
06/17/2017	152	
06/18/2017	284	
06/19/2017	273	Х
06/20/2017	472	
		Falls=3
Total Minutes	10,119	
Average/Day	326.4	
Average Hours/Day	5.4	

5

#### Month 4 May 21th - June 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	546	
05/22/2017	419	
05/23/2017	200	
05/24/2017	333	
05/25/2017	285	
05/26/2017	440	
05/27/2017	382	Х
05/28/2017	165	
05/29/2017	313	
05/30/2017	222	
05/31/2017	431	
06/01/2017	232	
06/02/2017	376	
06/03/2017	483	
06/04/2017	368	
06/05/2017	400	X
06/06/2017	0	
06/07/2017	421	
06/08/2017	330	
06/09/2017	361	
06/10/2017	298	
06/11/2017	427	
06/12/2017	121	
06/13/2017	439	
06/14/2017	365	
06/15/2017	556	
06/16/2017	701	
06/17/2017	0	
06/18/2017	0	
06/19/2017	0	
06/20/2017	324	
		Falls=2
Total Minutes	9,938	
Average/Day	368.1	
Average Hours/Day	6.1	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	0	
05/22/2017	316	
05/23/2017	0	Х
05/24/2017	255	Х
05/25/2017	0	
05/26/2017	96	
05/27/2017	249	
05/28/2017	51	
05/29/2017	331	
05/30/2017	45	
05/31/2017	0	
06/01/2017	258	
06/02/2017	298	
06/03/2017	61	
06/04/2017	246	
06/05/2017	0	
06/06/2017	322	
06/07/2017	298	
06/08/2017	277	
06/09/2017	178	
06/10/2017	186	
06/11/2017	0	
06/12/2017	313	
06/13/2017	187	
06/14/2017	380	
06/15/2017	192	
06/16/2017	0	
06/17/2017	258	
06/18/2017	315	
06/19/2017	248	
06/20/2017	65	
		Falls=2
Total Minutes	5,425	
Average/Day	226.0	
Average Hours/Day	3.8	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	0	
05/22/2017	0	
05/23/2017	427	
05/24/2017	276	
05/25/2017	335	
05/26/2017	574	
05/27/2017	326	
05/28/2017	330	
05/29/2017	133	
05/30/2017	0	
05/31/2017	450	
06/01/2017	353	
06/02/2017	123	
06/03/2017	0	
06/04/2017	0	
06/05/2017	0	
06/06/2017	385	
06/07/2017	627	
06/08/2017	339	
06/09/2017	491	
06/10/2017	116	
06/11/2017	296	
06/12/2017	658	
06/13/2017	274	
06/14/2017	322	
06/15/2017	48	
06/16/2017	184	
06/17/2017	516	
06/18/2017	278	
06/19/2017	348	
06/20/2017	265	
		Falls=0
Total Minutes	8,474	
Average/Day	339.0	
Average Hours/Day	5.6	

Month 4 May 21th - June 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	329	
05/22/2017	37	
05/23/2017	48	
05/24/2017	427	
05/25/2017	339	
05/26/2017	105	
05/27/2017	494	
05/28/2017	60	
05/29/2017	245	
05/30/2017	342	
05/31/2017	0	
06/01/2017	0	
06/02/2017	21	
06/03/2017	638	
06/04/2017	302	
06/05/2017	262	X
06/06/2017	891	
06/07/2017	323	
06/08/2017	213	
06/09/2017	363	
06/10/2017	336	
06/11/2017	264	
06/12/2017	372	
06/13/2017	151	
06/14/2017	138	
06/15/2017	412	
06/16/2017	0	
06/17/2017	583	
06/18/2017	600	
06/19/2017	622	
06/20/2017	107	
		Falls=1
Total Minutes	9,024	
Average/Day	322.3	
Average Hours/Day	5.4	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	52	
05/22/2017	194	
05/23/2017	0	
05/24/2017	118	
05/25/2017	92	
05/26/2017	585	
05/27/2017	162	
05/28/2017	134	
05/29/2017	65	
05/30/2017	0	
05/31/2017	0	
06/01/2017	0	
06/02/2017	0	
06/03/2017	78	
06/04/2017	407	
06/05/2017	125	
06/06/2017	451	
06/07/2017	138	
06/08/2017	106	
06/09/2017	355	
06/10/2017	89	
06/11/2017	0	
06/12/2017	0	
06/13/2017	0	
06/14/2017	266	
06/15/2017	339	
06/16/2017	311	
06/17/2017	0	
06/18/2017	352	
06/19/2017	95	
06/20/2017	0	
		Falls=0
Total Minutes	4,514	
Average/Day	215.0	
Average Hours/Day	3.6	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	259	
05/22/2017	336	
05/23/2017	0	
05/24/2017	225	
05/25/2017	408	
05/26/2017	185	
05/27/2017	449	
05/28/2017	378	
05/29/2017	496	
05/30/2017	446	
05/31/2017	0	
06/01/2017	0	
06/02/2017	0	
06/03/2017	0	
06/04/2017	0	
06/05/2017	0	
06/06/2017	365	
06/07/2017	333	
06/08/2017	141	
06/09/2017	337	
06/10/2017	0	
06/11/2017	497	
06/12/2017	214	
06/13/2017	409	
06/14/2017	337	
06/15/2017	0	
06/16/2017	187	
06/17/2017	173	X
06/18/2017	275	
06/19/2017	251	
06/20/2017	386	
		Falls=1
Total Minutes	7,087	
Average/Day	322.1	
Average Hours/Day	5.4	

11

Month 4 May 21th - June 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017		
05/22/2017		
05/23/2017		
05/24/2017		
05/25/2017		
05/26/2017		
05/27/2017		
05/28/2017		
05/29/2017		
05/30/2017		
05/31/2017		
06/01/2017		
06/02/2017		
06/03/2017		
06/04/2017		
06/05/2017		
06/06/2017		
06/07/2017		
06/08/2017		
06/09/2017		
06/10/2017		
06/11/2017		
06/12/2017		
06/13/2017		
06/14/2017		
06/15/2017		
06/16/2017		
06/17/2017		
06/18/2017		
06/19/2017		
06/20/2017		
Total Minutes		
Average/Day		
Average Hours/Day		

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017		
05/22/2017		
05/23/2017		
05/24/2017		Х
05/25/2017		
05/26/2017		Х
05/27/2017		Х
05/28/2017		
05/29/2017		
05/30/2017		
05/31/2017		
06/01/2017		
06/02/2017		
06/03/2017		
06/04/2017		
06/05/2017		Х
06/06/2017		Х
06/07/2017		
06/08/2017		
06/09/2017		
06/10/2017		
06/11/2017		
06/12/2017		
06/13/2017		
06/14/2017		Х
06/15/2017		
06/16/2017		
06/17/2017		
06/18/2017		
06/19/2017		Х
06/20/2017		
	Not Recorded	Falls=7
Total Minutes		
Average/Day		
Average Hours/Day		

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
05/21/2017	0	
05/22/2017	0	
05/23/2017	0	
05/24/2017	0	
05/25/2017	0	
05/26/2017	0	
05/27/2017	0	
05/28/2017	0	
05/29/2017	0	
05/30/2017	0	
05/31/2017	0	
06/01/2017	0	
06/02/2017	0	
06/03/2017	0	
06/04/2017	0	
06/05/2017	0	
06/06/2017	0	
06/07/2017	0	
06/08/2017	0	
06/09/2017	0	
06/10/2017	0	
06/11/2017	0	
06/12/2017	0	
06/13/2017	0	
06/14/2017	0	
06/15/2017	0	
06/16/2017	0	
06/17/2017	0	
06/18/2017	0	
06/19/2017	0	
06/20/2017	0	
	Not Recorded	Falls=0
Total Minutes	0	
Average/Day		
Average Hours/Day		

Month 5 June 21th - July 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	211	
06/22/2017	195	
06/23/2017	482	
06/24/2017	117	X
06/25/2017	406	
06/26/2017	0	
06/27/2017	625	
06/28/2017	437	
06/29/2017	171	
06/30/2017	517	
07/01/2017	639	
07/02/2017	264	
07/03/2017	353	
07/04/2017	430	
07/05/2017	289	
07/06/2017	253	
07/07/2017	115	
07/08/2017	232	
07/09/2017	0	
07/10/2017	238	
07/11/2017	118	
07/12/2017	172	
07/13/2017	155	
07/14/2017	0	
07/15/2017	200	X
07/16/2017	245	
07/17/2017	399	
07/18/2017	0	
07/19/2017	454	
07/20/2017	0	
		Falls=2
Total Minutes	7,717	
Average/Day	308.7	
Average Hours/Day	5.1	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	0	
06/22/2017	253	
06/23/2017	145	
06/24/2017	0	
06/25/2017	186	
06/26/2017	228	
06/27/2017	125	
06/28/2017	128	
06/29/2017	0	
06/30/2017	98	
07/01/2017	92	
07/02/2017	0	
07/03/2017	0	
07/04/2017	0	
07/05/2017	224	
07/06/2017	80	
07/07/2017	184	
07/08/2017	130	
07/09/2017	226	
07/10/2017	360	
07/11/2017	307	
07/12/2017	68	
07/13/2017	171	
07/14/2017	307	
07/15/2017	88	
07/16/2017	219	
07/17/2017	141	
07/18/2017	60	
07/19/2017	216	
07/20/2017	348	
		Falls=0
Total Minutes	4,384	
Average/Day	182.7	
Average Hours/Day	3.0	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	1043	
06/22/2017	100	
06/23/2017	703	
06/24/2017	135	
06/25/2017	348	
06/26/2017	192	
06/27/2017	645	
06/28/2017	562	
06/29/2017	186	
06/30/2017	178	
07/01/2017	547	
07/02/2017	470	
07/03/2017	765	
07/04/2017	74	
07/05/2017	0	
07/06/2017	184	
07/07/2017	237	
07/08/2017	509	
07/09/2017	115	
07/10/2017	100	
07/11/2017	459	
07/12/2017	134	
07/13/2017	340	
07/14/2017	279	
07/15/2017	154	
07/16/2017	226	
07/17/2017	181	Χ
07/18/2017	286	
07/19/2017	353	
07/20/2017	195	
		Falls=1
Total Minutes	9,700	
Average/Day	334.5	
Average Hours/Day	5.6	

Identifier →

4

Mor	ıth	5
		_

June 21th - July 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	0	
06/22/2017	273	
06/23/2017	240	
. 06/24/2017	0	
06/25/2017	0	
06/26/2017	0	
06/27/2017	0	
06/28/2017	0	
06/29/2017	0	
06/30/2017	0	
07/01/2017	0	
07/02/2017	0	
07/03/2017	0	
07/04/2017	0	
07/05/2017	0	
07/06/2017	0	
07/07/2017	0	X
07/08/2017	0	
07/09/2017	0	
07/10/2017	0	
07/11/2017	0	
07/12/2017	0	
07/13/2017	0	
07/14/2017	0	
07/15/2017	0	
07/16/2017	0	
07/17/2017	0	
07/18/2017	0	
07/19/2017	0	
07/20/2017	0	
		Falls=1
Total Minutes	513	
Average/Day	Not Accurate	
Average Hours/Day	Lost Fit Bit	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	86	
06/22/2017	396	
06/23/2017	272	
06/24/2017	0	
06/25/2017	72	
06/26/2017	331	
06/27/2017	335	
06/28/2017	0	
06/29/2017	319	
06/30/2017	243	
07/01/2017	0	
07/02/2017	303	
07/03/2017	194	
07/04/2017	100	
07/05/2017	0	
07/06/2017	308	
07/07/2017	320	
07/08/2017	228	
07/09/2017	220	
07/10/2017	302	
07/11/2017	246	
07/12/2017	169	
07/13/2017	107	
07/14/2017	128	
07/15/2017	154	
07/16/2017	100	
07/17/2017	0	
07/18/2017	422	
07/19/2017	113	
07/20/2017	110	
		Falls=0
Total Minutes	5,578	
Average/Day	223.1	
Average Hours/Day	3.7	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	460	
06/22/2017	152	
06/23/2017	539	
06/24/2017	330	
06/25/2017	586	
06/26/2017	143	
06/27/2017	237	
06/28/2017	315	
06/29/2017	498	
06/30/2017	534	
07/01/2017	412	
07/02/2017	471	
07/03/2017	209	
07/04/2017	343	
07/05/2017	358	
07/06/2017	483	
07/07/2017	101	
07/08/2017	261	
07/09/2017	466	
07/10/2017	183	
07/11/2017	285	
07/12/2017	270	
07/13/2017	352	
07/14/2017	270	
07/15/2017	272	
07/16/2017	187	
07/17/2017	364	
07/18/2017	525	
07/19/2017	302	
07/20/2017	216	
		Falls=0
Total Minutes	10,124	
Average/Day	337.5	
Average Hours/Day	5.6	

8

9

## Month 5

June 21th - July 20th.

	Column1	Column2	Column3
	Date	Minutes of Sleep	Falls
	06/21/2017	79	
	06/22/2017	200	
	06/23/2017	32	Х
١.	06/24/2017	480	
	06/25/2017	93	
	06/26/2017	429	
	06/27/2017	221	
	06/28/2017	150	
	06/29/2017	247	
	06/30/2017	139	
	07/01/2017	315	
	07/02/2017	373	
	07/03/2017	577	
	07/04/2017	203	
	07/05/2017	221	
	07/06/2017	176	
	07/07/2017	292	
	07/08/2017	297	
	07/09/2017	255	
	07/10/2017	264	
	07/11/2017	236	
	07/12/2017	327	
	07/13/2017	406	
	07/14/2017	48	
	07/15/2017	852	
	07/16/2017	753	
	07/17/2017	590	
	07/18/2017	1048	
	07/19/2017	712	
	07/20/2017	474	
			Falls=1
	Total Minutes	10,489	
	Average/Day	349.6	
	Average Hours/Day	5.8	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	0	
06/22/2017	379	
06/23/2017	132	
06/24/2017	0	
06/25/2017	0	
06/26/2017	285	
06/27/2017	124	
06/28/2017	341	
06/29/2017	0	
06/30/2017	167	
07/01/2017	0	
07/02/2017	454	
07/03/2017	0	
07/04/2017	186	
07/05/2017	322	
07/06/2017	562	
07/07/2017	148	
07/08/2017	303	
07/09/2017	0	
07/10/2017	417	
07/11/2017	530	
07/12/2017	172	
07/13/2017	61	
07/14/2017	335	
07/15/2017	347	
07/16/2017	366	
07/17/2017	424	
07/18/2017	477	
07/19/2017	0	
07/20/2017	330	
		Falls=0
Total Minutes	6,862	
Average/Day	311.9	
Average Hours/Day	5.2	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	330	
06/22/2017	0	
06/23/2017	234	
06/24/2017	198	Х
06/25/2017	193	
06/26/2017	299	
06/27/2017	94	
06/28/2017	139	
06/29/2017	292	
06/30/2017	351	
07/01/2017	315	Χ
07/02/2017	169	
07/03/2017	368	
07/04/2017	0	
07/05/2017	69	
07/06/2017	201	
07/07/2017	393	Х
07/08/2017	213	
07/09/2017	251	
07/10/2017	215	
07/11/2017	260	
07/12/2017	330	
07/13/2017	134	
07/14/2017	263	
07/15/2017	142	
07/16/2017	173	
07/17/2017	274	
07/18/2017	169	
07/19/2017	173	
07/20/2017	248	
		Falls=3
Total Minutes	6,490	
Average/Day	231.8	
Average Hours/Day	3.9	

Month 5

June 21th - July 20th.

	Column1	Column2	Column3
	Date	Minutes of Sleep	Falls
	06/21/2017		
	06/22/2017		
	06/23/2017		
١.	06/24/2017		
	06/25/2017		
	06/26/2017		
	06/27/2017		
	06/28/2017		
	06/29/2017		
	06/30/2017		
	07/01/2017		
	07/02/2017		
	07/03/2017		
	07/04/2017		
	07/05/2017		
	07/06/2017		
	07/07/2017		
	07/08/2017		
	07/09/2017		
	07/10/2017		
	07/11/2017		
	07/12/2017		
	07/13/2017		
	07/14/2017		
	07/15/2017		
	07/16/2017		
	07/17/2017		
	07/18/2017		
	07/19/2017		
	07/20/2017		
	Total Minutes		
	Average/Day		
	Average Hours/Day		

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	0	
06/22/2017	0	
06/23/2017	0	Х
06/24/2017	0	
06/25/2017	0	
06/26/2017	0	Х
06/27/2017	0	
06/28/2017	0	
06/29/2017	0	
06/30/2017	0	
07/01/2017	88	
07/02/2017	266	
07/03/2017	142	
07/04/2017	152	
07/05/2017	131	
07/06/2017	90	
07/07/2017	0	
07/08/2017	0	Х
07/09/2017	85	
07/10/2017	118	
07/11/2017	43	
07/12/2017	336	
07/13/2017	188	
07/14/2017	427	
07/15/2017	192	
07/16/2017	196	
07/17/2017	0	
07/18/2017	0	
07/19/2017	0	Х
07/20/2017	214	
		Falls=4
Total Minutes	2,668	
Average/Day	177.9	
Average Hours/Day	3.0	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
06/21/2017	0	
06/22/2017	0	
06/23/2017	0	
06/24/2017	0	
06/25/2017	0	
06/26/2017	0	
06/27/2017	0	
06/28/2017	0	
06/29/2017	0	
06/30/2017	0	
07/01/2017	0	
07/02/2017	0	
07/03/2017	0	
07/04/2017	0	
07/05/2017	68	
07/06/2017	0	
07/07/2017	325	
07/08/2017	0	
07/09/2017	239	
07/10/2017	101	
07/11/2017	120	
07/12/2017	75	
07/13/2017	96	
07/14/2017	479	
07/15/2017	0	
07/16/2017	263	
07/17/2017	138	
07/18/2017	54	
07/19/2017	184	
07/20/2017	62	
		Falls=0
Total Minutes	2,204	
Average/Day	169.5	
Average Hours/Day	2.8	
· · · · · · · · · · · · · · · · · · ·	·	

Month 6 July 21th - August 20th.

Column1	Column2	Column3	Column1	Column2	Column3
Date	Minutes of Sleep	Falls	Date	Minutes of Sleep	Falls
07/21/2017	131		07/21/2017	944	
07/22/2017	161		07/22/2017	83	
07/23/2017	443		07/23/2017	261	
07/24/2017	50		07/24/2017	356	
07/25/2017	355		07/25/2017	60	
07/26/2017	402		07/26/2017	0	
07/27/2017	431		07/27/2017	56	
07/28/2017	315		07/28/2017	361	
07/29/2017	148		07/29/2017	160	
07/30/2017	653		07/30/2017	0	
07/31/2017	548		07/31/2017	391	
08/01/2017	378		08/01/2017	82	
08/02/2017	603		08/02/2017	63	
08/03/2017	356		08/03/2017	149	
08/04/2017	480		08/04/2017	223	
08/05/2017	613		08/05/2017	59	
08/06/2017	484		08/06/2017	0	
08/07/2017	307		08/07/2017	0	
08/08/2017	252		08/08/2017	218	
08/09/2017	193		08/09/2017	128	
08/10/2017	404		08/10/2017	74	
08/11/2017	278		08/11/2017	787	
08/12/2017	419		08/12/2017	66	
08/13/2017	274		08/13/2017	0	
08/14/2017	663		08/14/2017	669	
08/15/2017	120		08/15/2017	0	
08/16/2017	136		08/16/2017	0	
08/17/2017	312		08/17/2017	123	
08/18/2017	300		08/18/2017	71	
08/19/2017	342		08/19/2017	0	
08/20/2017	35		08/20/2017	247	
		Falls=0			Falls=0
Total Minutes	10,586		Total Minutes	5,631	
Average/Day	341.5		Average/Day	244.8	
Average Hours/Day	5.7		Average Hours/Day	4.1	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	211	
07/22/2017	314	
07/23/2017	0	Х
07/24/2017	198	
07/25/2017	455	
07/26/2017	750	
07/27/2017	388	
07/28/2017	169	
07/29/2017	480	
07/30/2017	627	
07/31/2017	37	
08/01/2017	101	Х
08/02/2017	338	
08/03/2017	171	
08/04/2017	419	
08/05/2017	181	
08/06/2017	476	
08/07/2017	267	
08/08/2017	448	
08/09/2017	500	
08/10/2017	507	
08/11/2017	895	
08/12/2017	276	
08/13/2017	0	
08/14/2017	818	
08/15/2017	568	
08/16/2017	150	
08/17/2017	231	
08/18/2017	233	
08/19/2017	0	
08/20/2017	945	
		Falls=2
Total Minutes	11,153	
Average/Day	398.3	
Average Hours/Day	6.6	

## Month 6

July 21th - August 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	0	
07/22/2017	0	
07/23/2017	0	
07/24/2017	0	
07/25/2017	0	
07/26/2017	0	
07/27/2017	0	
07/28/2017	0	
07/29/2017	0	
07/30/2017	0	
07/31/2017	0	
08/01/2017	180	
08/02/2017	527	
08/03/2017	334	
08/04/2017	230	
08/05/2017	652	
08/06/2017	426	
08/07/2017	452	
08/08/2017	431	
08/09/2017	237	
08/10/2017	330	
08/11/2017	199	
08/12/2017	510	
08/13/2017	321	
08/14/2017	376	
08/15/2017	88	
08/16/2017	499	
08/17/2017	234	
08/18/2017	179	
08/19/2017	477	Х
08/20/2017	452	
		Falls=1
Total Minutes	7,134	
Average/Day	356.7	
Average Hours/Day	5.9	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	0	
07/22/2017	357	
07/23/2017	119	
07/24/2017	0	
07/25/2017	0	
07/26/2017	143	
07/27/2017	0	
07/28/2017	0	
07/29/2017	0	
07/30/2017	0	
07/31/2017	0	
08/01/2017	0	
08/02/2017	0	
08/03/2017	0	
08/04/2017	0	
08/05/2017	156	
08/06/2017	102	
08/07/2017	677	
08/08/2017	121	
08/09/2017	0	
08/10/2017	363	
08/11/2017	184	
08/12/2017	0	
08/13/2017	0	
08/14/2017	587	
08/15/2017	212	
08/16/2017	210	
08/17/2017	338	
08/18/2017	214	
08/19/2017	43	
08/20/2017	283	
		Falls=0
Total Minutes	4,109	
Average/Day	256.8	
Average Hours/Day	4.3	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	167	
07/22/2017	498	
07/23/2017	113	
07/24/2017	398	
07/25/2017	302	
07/26/2017	501	
07/27/2017	478	
07/28/2017	268	
07/29/2017	325	
07/30/2017	217	
07/31/2017	330	
08/01/2017	386	
08/02/2017	425	
08/03/2017	449	
08/04/2017	295	
08/05/2017	478	
08/06/2017	364	
08/07/2017	274	
08/08/2017	495	
08/09/2017	239	
08/10/2017	279	
08/11/2017	213	
08/12/2017	372	
08/13/2017	349	
08/14/2017	349	
08/15/2017	288	
08/16/2017	330	
08/17/2017	156	
08/18/2017	315	
08/19/2017	325	
08/20/2017	517	
		Falls=0
Total Minutes	10,495	
Average/Day	338.5	
Average Hours/Day	5.6	

9

## Month 6 July 21th - August 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	357	
07/22/2017	141	
07/23/2017	82	X
07/24/2017	638	
07/25/2017	73	
07/26/2017	516	
07/27/2017	303	
07/28/2017	29	
07/29/2017	134	
07/30/2017	180	
07/31/2017	314	
08/01/2017	99	
08/02/2017	360	
08/03/2017	91	
08/04/2017	162	
08/05/2017	384	
08/06/2017	85	
08/07/2017	0	
08/08/2017	928	
08/09/2017	658	
08/10/2017	834	
08/11/2017	480	
08/12/2017	372	
08/13/2017	218	
08/14/2017	0	
08/15/2017	216	
08/16/2017	635	
08/17/2017	811	
08/18/2017	532	
08/19/2017	399	
08/20/2017	146	
		Falls=1
Total Minutes	10,177	
Average/Day	350.9	
Average Hours/Day	5.8	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	0	
07/22/2017	124	
07/23/2017	150	
07/24/2017	35	
07/25/2017	0	
07/26/2017	375	
07/27/2017	151	
07/28/2017	116	
07/29/2017	347	
07/30/2017	549	
07/31/2017	242	
08/01/2017	495	
08/02/2017	538	
08/03/2017	49	
08/04/2017	358	
08/05/2017	381	
08/06/2017	214	
08/07/2017	196	
08/08/2017	214	
08/09/2017	449	
08/10/2017	37	X
08/11/2017	0	
08/12/2017	447	
08/13/2017	421	
08/14/2017	99	
08/15/2017	0	
08/16/2017	355	
08/17/2017	208	
08/18/2017	90	
08/19/2017	241	
08/20/2017	235	
		Falls=1
Total Minutes	7,116	
Average/Day	263.6	
Average Hours/Day	4.4	

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	155	
07/22/2017	204	
07/23/2017	82	
07/24/2017	121	
07/25/2017	287	
07/26/2017	28	
07/27/2017	262	
07/28/2017	337	
07/29/2017	81	
07/30/2017	424	
07/31/2017	372	
08/01/2017	417	
08/02/2017	242	
08/03/2017	0	
08/04/2017	187	
08/05/2017	359	
08/06/2017	248	
08/07/2017	312	
08/08/2017	233	
08/09/2017	493	
08/10/2017	604	
08/11/2017	460	
08/12/2017	295	
08/13/2017	374	
08/14/2017	129	
08/15/2017	264	
08/16/2017	307	
08/17/2017	192	
08/18/2017	157	
08/19/2017	295	
08/20/2017	516	
		Falls=0
Total Minutes	8,437	
Average/Day	281.2	
Average Hours/Day	4.7	

11

Month 6
July 21th - August 20th.

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017		
07/22/2017		
07/23/2017		
07/24/2017		
07/25/2017		
07/26/2017		
07/27/2017		
07/28/2017		
07/29/2017		
07/30/2017		
07/31/2017		
08/01/2017		
08/02/2017		
08/03/2017		
08/04/2017		
08/05/2017		
08/06/2017		
08/07/2017		
08/08/2017		
08/09/2017		
08/10/2017		
08/11/2017		
08/12/2017		
08/13/2017		
08/14/2017		
08/15/2017		
08/16/2017		
08/17/2017		
08/18/2017		
08/19/2017		
08/20/2017		
Total Minutes		
Average/Day		
Average Hours/Day		

Column1	Column2	Column3
Date	Minutes of Sleep	Falls
07/21/2017	96	
07/22/2017	0	
07/23/2017	53	
07/24/2017	44	Х
07/25/2017	54	
07/26/2017	151	
07/27/2017	104	Х
07/28/2017	0	
07/29/2017	212	
07/30/2017	264	
07/31/2017	170	
08/01/2017	0	
08/02/2017	0	
08/03/2017	62	Х
08/04/2017	139	
08/05/2017	214	
08/06/2017	248	
08/07/2017	199	
08/08/2017	168	
08/09/2017	65	
08/10/2017	91	
08/11/2017	0	
08/12/2017	102	
08/13/2017	68	
08/14/2017	94	Х
08/15/2017	0	Х
08/16/2017	0	
08/17/2017	0	
08/18/2017	0	
08/19/2017	0	
08/20/2017	70	
		Falls=5
Total Minutes	2,668	
Average/Day	127.0	
Average Hours/Day	2.1	

Date         Minutes of Sleep         Falls           07/21/2017         60         60           07/22/2017         146         60           07/23/2017         115         60           07/24/2017         238         60           07/25/2017         70         70           07/26/2017         183         70           07/27/2017         81         70           07/29/2017         150         70           07/30/2017         95         70           07/30/2017         95         70           07/31/2017         0         0           08/01/2017         0         0           08/02/2017         193         0           08/03/2017         104         0           08/04/2017         104         0           08/05/2017         247         0           08/05/2017         60         0           08/07/2017         73         0           08/08/2017         0         0           08/09/2017         94         0           08/10/2017         162         0           08/11/2017         162         0           08/13/2017	Column1	Column2	Column3
07/22/2017         146           07/23/2017         115           07/24/2017         238           07/25/2017         70           07/26/2017         183           07/27/2017         81           07/28/2017         92           07/29/2017         150           07/30/2017         95           07/31/2017         0           08/01/2017         0           08/02/2017         193           08/03/2017         104           08/04/2017         176           08/05/2017         247           08/06/2017         60           08/07/2017         73           08/08/2017         0           08/09/2017         94           08/10/2017         65           08/11/2017         122           08/12/2017         162           08/13/2017         0           08/15/2017         182           08/16/2017         140           08/18/2017         0           08/19/2017         140           08/19/2017         367           08/20/2017         132           Falls=0	Date	Minutes of Sleep	Falls
07/23/2017       115         07/24/2017       238         07/25/2017       70         07/26/2017       183         07/27/2017       81         07/28/2017       92         07/29/2017       150         07/30/2017       95         07/31/2017       0         08/01/2017       0         08/02/2017       193         08/03/2017       104         08/04/2017       176         08/05/2017       247         08/06/2017       60         08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       65         08/11/2017       122         08/12/2017       162         08/13/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       0         08/18/2017       0         08/19/2017       367         08/20/2017       132         Falls=0	07/21/2017	60	
07/24/2017         238           07/25/2017         70           07/26/2017         183           07/27/2017         81           07/28/2017         92           07/30/2017         95           07/31/2017         0           08/01/2017         0           08/02/2017         193           08/03/2017         104           08/05/2017         247           08/06/2017         60           08/07/2017         73           08/08/2017         0           08/09/2017         94           08/10/2017         65           08/11/2017         162           08/13/2017         0           08/14/2017         0           08/15/2017         182           08/16/2017         135           08/17/2017         0           08/18/2017         0           08/19/2017         367           08/20/2017         132           Falls=0	07/22/2017	146	
07/25/2017         70           07/26/2017         183           07/27/2017         81           07/28/2017         92           07/29/2017         150           07/30/2017         95           07/31/2017         0           08/01/2017         0           08/02/2017         193           08/03/2017         104           08/04/2017         176           08/05/2017         247           08/06/2017         60           08/07/2017         73           08/08/2017         0           08/09/2017         94           08/10/2017         65           08/11/2017         122           08/12/2017         162           08/13/2017         0           08/15/2017         182           08/16/2017         135           08/17/2017         0           08/18/2017         0           08/19/2017         367           08/20/2017         132           Falls=0	07/23/2017	115	
07/26/2017       183         07/27/2017       81         07/28/2017       92         07/29/2017       150         07/30/2017       95         07/31/2017       0         08/01/2017       0         08/02/2017       193         08/03/2017       104         08/04/2017       176         08/05/2017       247         08/06/2017       60         08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       65         08/11/2017       162         08/13/2017       155         08/14/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       140         08/18/2017       0         08/19/2017       367         08/20/2017       132         Falls=0	07/24/2017	238	
07/27/2017       81         07/28/2017       92         07/29/2017       150         07/30/2017       95         07/31/2017       0         08/01/2017       0         08/02/2017       193         08/03/2017       104         08/04/2017       176         08/05/2017       247         08/06/2017       60         08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       65         08/11/2017       162         08/13/2017       0         08/13/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       0         08/18/2017       0         08/19/2017       367         08/20/2017       132         Falls=0	07/25/2017	70	
07/28/2017       92         07/29/2017       150         07/30/2017       95         07/31/2017       0         08/01/2017       0         08/02/2017       193         08/03/2017       104         08/04/2017       176         08/05/2017       247         08/06/2017       60         08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       65         08/11/2017       162         08/12/2017       162         08/13/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       0         08/18/2017       0         08/19/2017       136         08/19/2017       132         Falls=0	07/26/2017	183	
07/29/2017 150 07/30/2017 95 07/31/2017 0 08/01/2017 0 08/02/2017 193 08/03/2017 104 08/04/2017 176 08/05/2017 247 08/06/2017 60 08/07/2017 73 08/08/2017 0 08/09/2017 94 08/10/2017 65 08/11/2017 122 08/12/2017 162 08/13/2017 162 08/13/2017 155 08/14/2017 0 08/15/2017 155 08/14/2017 155 08/14/2017 0 08/15/2017 135 08/15/2017 135 08/17/2017 135 08/17/2017 140 08/18/2017 0 08/18/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 132  Falls=0	07/27/2017	81	
07/30/2017       95         07/31/2017       0         08/01/2017       0         08/02/2017       193         08/03/2017       104         08/04/2017       176         08/05/2017       247         08/06/2017       60         08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       122         08/11/2017       162         08/13/2017       155         08/14/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       140         08/18/2017       0         08/19/2017       367         08/20/2017       132         Falls=0	07/28/2017	92	
07/31/2017         0           08/01/2017         0           08/02/2017         193           08/03/2017         104           08/04/2017         176           08/05/2017         247           08/06/2017         60           08/07/2017         73           08/08/2017         0           08/09/2017         94           08/10/2017         65           08/11/2017         122           08/12/2017         162           08/13/2017         0           08/15/2017         182           08/16/2017         135           08/17/2017         140           08/18/2017         0           08/19/2017         367           08/20/2017         132           Falls=0           Total Minutes           Average/Day         139.9	07/29/2017	150	
08/01/2017 0 0 08/02/2017 193   08/03/2017 104   08/03/2017 176   08/05/2017 247   08/06/2017 60   08/07/2017 73   08/08/2017 0   08/09/2017 94   08/10/2017 65   08/11/2017 122   08/12/2017 162   08/13/2017 155   08/14/2017 0   08/15/2017 155   08/14/2017 155   08/14/2017 0   08/15/2017 135   08/16/2017 135   08/16/2017 135   08/16/2017 135   08/16/2017 135   08/16/2017 135   08/19/2017 140   08/18/2017 0   08/19/2017 132    Falls=0	07/30/2017	95	
08/02/2017 193 08/03/2017 104 08/04/2017 176 08/05/2017 247 08/06/2017 60 08/07/2017 73 08/08/2017 0 08/09/2017 94 08/10/2017 65 08/11/2017 122 08/12/2017 162 08/13/2017 155 08/14/2017 0 08/15/2017 155 08/14/2017 135 08/15/2017 139 08/15/2017 139	07/31/2017	0	
08/03/2017 104 08/04/2017 176 08/05/2017 247 08/05/2017 60 08/07/2017 73 08/08/2017 0 08/09/2017 94 08/10/2017 65 08/11/2017 122 08/12/2017 162 08/13/2017 155 08/14/2017 0 08/15/2017 182 08/15/2017 182 08/16/2017 135 08/17/2017 140 08/18/2017 0 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 135 08/19/2017 130 08/19/2017 130 08/19/2017 132  Falls=0	08/01/2017	0	
08/04/2017       176         08/05/2017       247         08/06/2017       60         08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       65         08/11/2017       122         08/12/2017       162         08/13/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       140         08/18/2017       0         08/19/2017       367         08/20/2017       132         Falls=0         Total Minutes       3,637         Average/Day       139.9	08/02/2017	193	
08/05/2017       247         08/06/2017       60         08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       65         08/11/2017       122         08/12/2017       162         08/13/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       140         08/18/2017       0         08/19/2017       367         08/20/2017       132         Falls=0         Total Minutes       3,637         Average/Day       139.9	08/03/2017	104	
08/06/2017     60       08/07/2017     73       08/08/2017     0       08/09/2017     94       08/10/2017     65       08/11/2017     122       08/12/2017     162       08/13/2017     155       08/14/2017     0       08/15/2017     182       08/16/2017     135       08/17/2017     140       08/18/2017     0       08/19/2017     367       08/20/2017     132       Falls=0       Total Minutes       Average/Day     139.9	08/04/2017	176	
08/07/2017       73         08/08/2017       0         08/09/2017       94         08/10/2017       65         08/11/2017       122         08/12/2017       162         08/13/2017       0         08/15/2017       182         08/16/2017       135         08/17/2017       140         08/18/2017       0         08/19/2017       367         08/20/2017       132         Falls=0         Total Minutes         Average/Day       139.9	08/05/2017	247	
08/08/2017     0       08/09/2017     94       08/10/2017     65       08/11/2017     122       08/12/2017     162       08/13/2017     155       08/14/2017     0       08/15/2017     182       08/16/2017     135       08/17/2017     140       08/18/2017     0       08/19/2017     367       08/20/2017     132       Falls=0       Total Minutes     3,637       Average/Day     139.9	08/06/2017	60	
08/09/2017     94       08/10/2017     65       08/11/2017     122       08/12/2017     162       08/13/2017     155       08/14/2017     0       08/15/2017     182       08/16/2017     135       08/17/2017     140       08/18/2017     0       08/19/2017     367       08/20/2017     132       Falls=0       Total Minutes     3,637       Average/Day     139.9	08/07/2017	73	
08/10/2017 65  08/11/2017 122  08/12/2017 162  08/13/2017 155  08/14/2017 0  08/15/2017 182  08/16/2017 135  08/17/2017 140  08/18/2017 0  08/19/2017 367  08/20/2017 132   Total Minutes 3,637  Average/Day 139.9	08/08/2017	0	
08/11/2017     122       08/12/2017     162       08/13/2017     155       08/14/2017     0       08/15/2017     182       08/16/2017     135       08/17/2017     140       08/18/2017     0       08/19/2017     367       08/20/2017     132       Falls=0       Total Minutes       Average/Day     139.9	08/09/2017	94	
08/12/2017 162 08/13/2017 155 08/14/2017 0 08/15/2017 182 08/16/2017 135 08/17/2017 140 08/18/2017 0 08/18/2017 367 08/19/2017 132  Falls=0  Total Minutes 3,637 Average/Day 139.9	08/10/2017	65	
08/13/2017 155 08/14/2017 0 08/15/2017 182 08/16/2017 135 08/17/2017 140 08/18/2017 0 08/18/2017 367 08/20/2017 132  Total Minutes 3,637 Average/Day 139.9	08/11/2017	122	
08/14/2017 0 08/15/2017 182 08/16/2017 135 08/17/2017 140 08/18/2017 0 08/19/2017 367 08/20/2017 132  Total Minutes 3,637 Average/Day 139.9	08/12/2017	162	
08/15/2017 182 08/16/2017 135 08/17/2017 140 08/18/2017 0 08/19/2017 367 08/20/2017 132  Falls=0  Total Minutes 3,637 Average/Day 139.9	08/13/2017	155	
08/16/2017 135 08/17/2017 140 08/18/2017 0 08/19/2017 367 08/20/2017 132  Falls=0  Total Minutes 3,637 Average/Day 139.9	08/14/2017	0	
08/17/2017 140 08/18/2017 0 08/19/2017 367 08/20/2017 132  Falls=0  Total Minutes 3,637 Average/Day 139.9	08/15/2017	182	
08/18/2017 0 08/19/2017 367 08/20/2017 132  Falls=0  Total Minutes 3,637 Average/Day 139.9	08/16/2017	135	
08/19/2017 367 08/20/2017 132  Falls=0  Total Minutes 3,637 Average/Day 139.9	08/17/2017	140	
08/20/2017 132  Falls=0  Total Minutes 3,637 Average/Day 139.9	08/18/2017	0	
Total Minutes 3,637 Average/Day 139.9	08/19/2017	367	
Total Minutes 3,637 Average/Day 139.9	08/20/2017	132	
Total Minutes 3,637 Average/Day 139.9			
Average/Day 139.9			Falls=0
<u> </u>	Total Minutes	3,637	
Average Hours/Day 2.3	Average/Day		
	Average Hours/Day	2.3	

Resident: 1

03/12/2017 03/14/2017 04/03/2017 04/07/2017 04/09/2017 05/13/2017	07:05AM 04:44PM 04:30PM 03:45PM 04:35PM 11:25AM	day shift evening shift evening shift evening shift evening shift
04/03/2017 04/07/2017 04/09/2017 05/13/2017	04:30PM 03:45PM 04:35PM	evening shift evening shift
04/07/2017 04/09/2017 05/13/2017	03:45PM 04:35PM	evening shift
04/09/2017 05/13/2017	04:35PM	
05/13/2017		evening shift
	11:25AM	
05/27/2017	I I.ZSAWI	day shift
	02:40PM	evening shift
05/29/2017	04:00PM	evening shift
06/17/2017	03:16PM	evening shift
06/24/2017	10:30AM	day shift
07/15/2017	05:30PM	evening shift

DATE	TIME OF FALL	TIME OF DAY
06/11/2017	05:45PM	evening shift
1		

Resident: 3

Resident: 4

DATE	TIME OF FALL	TIME OF DAY
03/03/2017	07:55PM	evening shift
05/09/2017	05:10PM	at supper time
05/27/2017	06:45PM	day shift
06/05/2017	08:30AM	day shift
07/07/2017	07:30PM	evening shift
08/19/2017	09:45PM	evening shift

Resident: 5

DATE	TIME OF FALL	TIME OF DAY	
03/12/2017	01:55AM (Daylight savings time):	night shift	
04/26/2017	05:45PM	evening shift	
05/09/2017	11:25AM	day shift	
05/23/2017	07:20PM	evening shift	
05/24/2017	08:00PM	evening shift	
Page 1	1	CEM 10/02/2017	

DATE	TIME OF FALL	TIME OF DAY	
03/21/2017	09:00AM	day shift	

Resident: 7

DATE	TIME OF FALL	TIME OF DAY
02/27/2017	03:45PM	evening shift
03/18/2017	06:00PM	evening shift
04/03/2017	07:15AM	
04/05/2017	06:50PM	evening shift
04/21/2017	02:45PM	evening shift
05/19/2017	10:31AM	day shift
06/05/2017	03:00 pm	evening shift
06/23/2017	05:00AM	night shift
07/23/2017	12:00PM	day shift

DATE	TIME OF FALL	TIME OF DAY
08/10/2017	03:33PM	evening shift

DATE	TIME OF FALL	TIME OF DAY	-
03/08/2017	04:20PM	evening shift	
03/30/2017	06:50PM	evening shift	
06/24/2017	06:00AM	day shift	
07/01/2017	08:05PM	evening shift	
07/07/2017	07:30PM	evening shift	

DATE	TIME OF FALL	TIME OF DAY
02/28/2017	07:59AM	day shift
03/20/2017	09:23AM	day shift
03/25/2017	10:30AM	day shift
04/13/2017	10:00AM	day shift

Resident: 11

DATE	TIME OF FALL	TIME OF DAY
02/20/2017	12:00AM	night shift
02/20/2017	01:28PM	day shift
03/03/2017	09:40AM	day shift
03/10/2017	05:00PM	evening shift
03/16/2017	09:00AM	day shift
03/16/2017	03:49PM	evening shift
03/19/2017	06:00PM	evening shift
03/22/2017	03:15PM	evening shift
03/22/2017	10:35PM	evening shift
03/30/2017	12:00AM	night shift
04/12/2017	03:45PM	evening shift
04/12/2017	05:45PM	evening shift
04/30/2017	01:40PM	day shift
05/07/2017	01:45AM	night shift
05/07/2017	05:40PM	evening shift
05/08/2017	10:00PM	evening shift
05/11/2017	04:30PM	evening shift
05/24/2017	11:35PM	night shift
05/26/2017	03:15PM	evening shift
05/27/2017	07:40PM	evening shift
06/05/2017	01:40AM	night shift
06/06/2017	02:05PM	day shift
06/14/2017	04:45PM	evening shift
06/19/2017	02:10PM	evening shift
06/23/2017	12:40AM	night shift
06/26/2017	10:50PM	night shift
07/08/2017	12:25AM	night shift
07/19/2017	08:50PM	evening shift
07/24/2017	04:15PM	evening shift
07/27/2017	05:05PM	evening shift
08/03/2017	10:45PM	shift change PM to NOC
08/14/2017	09:35AM	day shift
08/15/2017	08:03PM	evening shift

Page 1 CFM 10/03/2017

DATE	TIME OF FALL	TIME OF DAY
		OEM 44