

Table 7 Preliminary results of actigraphy in adults patients (n = 26)

Actigraphy parameters	Mean $\pm$ SD or %	N
Bedtime (<i>h</i>)	23:44 $\pm$ 01:49	26
Sleep onset time (<i>h</i>)	23:59 $\pm$ 1:50	26
Wake-up time (<i>h</i>)	08:49 $\pm$ 1:32	26
Get-up time (<i>h</i>)	08:53 $\pm$ 1:36	25
Time in bed (<i>min</i>)	530 $\pm$ 123.41	25
Presumed sleep time (<i>min</i>)	526.3 $\pm$ 72.96	24
TST (<i>min</i>)	438.6 $\pm$ 83.19	25
SOL (<i>min</i>)	21.19 $\pm$ 20.75	26
SE (%)	79.04 $\pm$ 7.19	26
WASO (<i>min</i>)	87.73 $\pm$ 40.16	26
WASO (%)	17.92 $\pm$ 06.35	26
Fragmentation index	32.31 $\pm$ 9.69	26
NPCRA		
Relative amplitude	0.84 $\pm$ 0.09	25
IS	0.33 $\pm$ 0.13	24
IV	0.83 $\pm$ 0.23	25
M10 onset	11:02 $\pm$ 02:08	25
M10 average	181.01 $\pm$ 145.57	21
L5 onset	01:38 $\pm$ 01:39	25
L5 average	12.32 $\pm$ 9.98	21

Note: TST: Total Sleep Time; WASO: Wake After Sleep Onset; SE: sleep efficiency; SOL: sleep onset latency; NPCRA: Non-Parametric Circadian Rhythm Analysis; IS: Interdaily stability; IV: Intradaily variability; M10 average: 10h period of greatest activity; M10 onset: start time of the M10 period; L5 average: mean activity during the 5h period of lowest activity; L5 onset: start time of the L5 period.