

Physical Activity

Date Started:

Days Worn:

Thank you for taking part in this study at our Field Center. We appreciate your willingness to join us in this important study. We have reviewed the data from your accelerometer. The findings are below:

Activity Data

Physical Activity

Regular physical activity is beneficial to health at all ages. Consult with your physician about the types of activities that are appropriate for your health status.

Average amount of time spent physically active per day:

Sleep Data

Sleep Duration

Sleeping on average between 6-9 hours per night is recommended; however it is common for older adults to sometimes sleep less or more.

Average sleep duration:

Sleep Efficiency

Sleep efficiency is a measure of how well you sleep during the night. It is the ratio of the total time spent asleep during night compared to the total amount of time spent in bed. A higher percentage is better; healthy older adults average 80% or more.

Average sleep efficiency:

Thank you again for your participation in this study.