

Actigraphy in insomnia and circadian rhythm disorder



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Actigraphy in insomnia and circadian rhythm disorder

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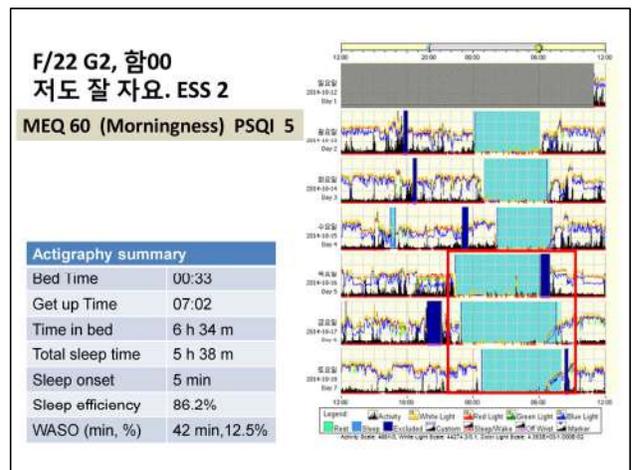
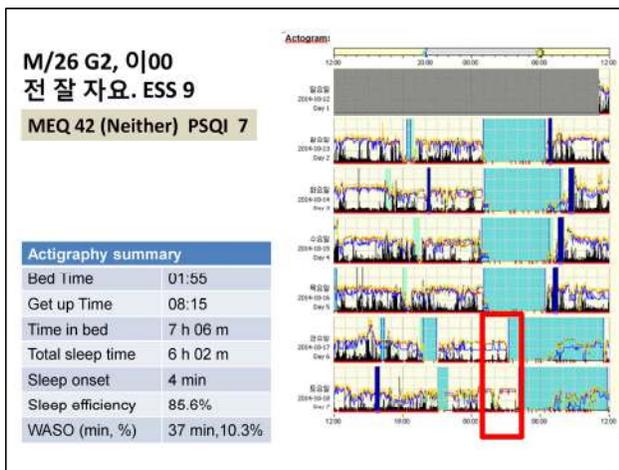
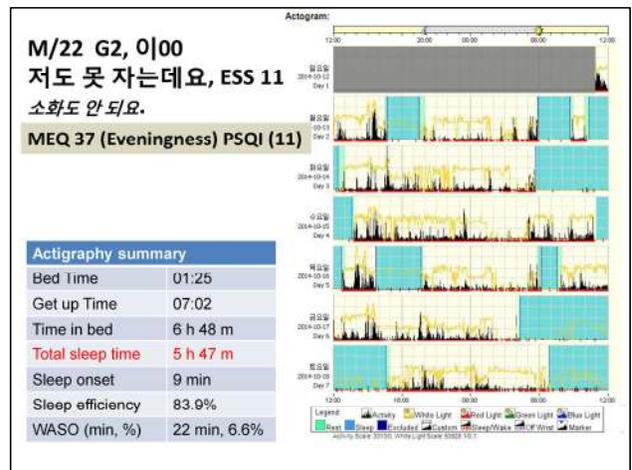
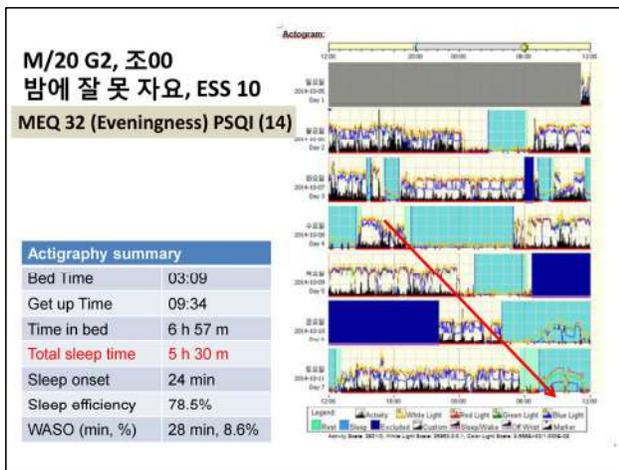
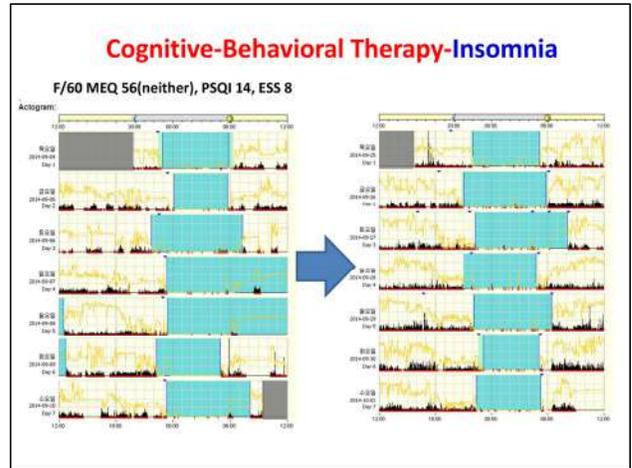
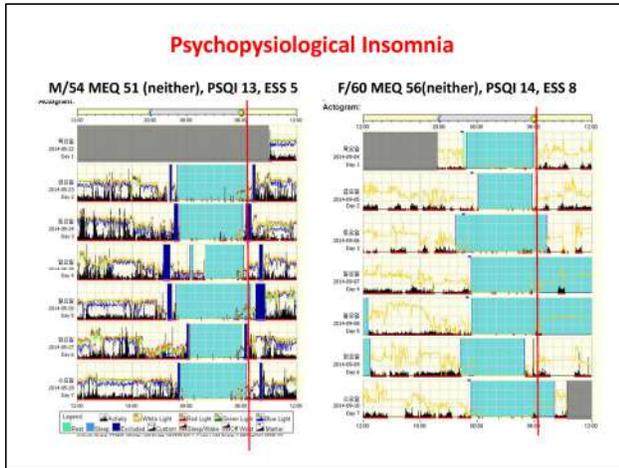
Chronobiologic Monitoring Techniques

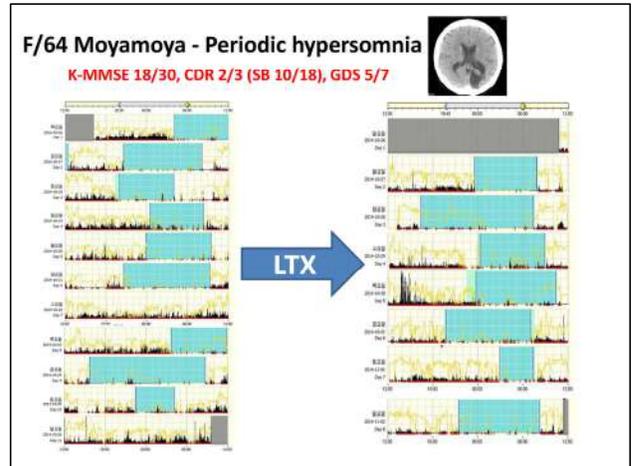
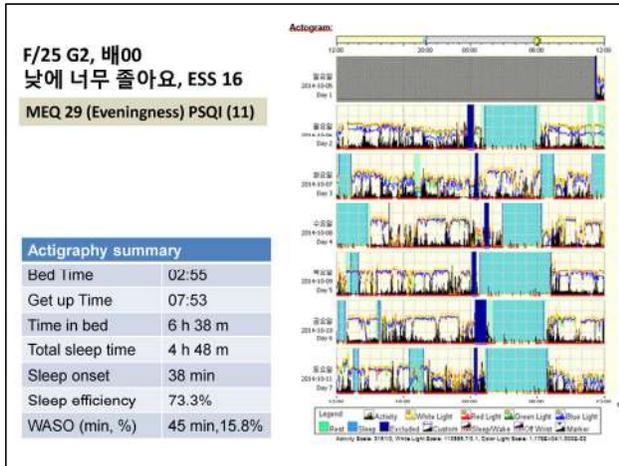
Actigraphy → Sleep-wake, Light, Activity

Chronic Insomnia

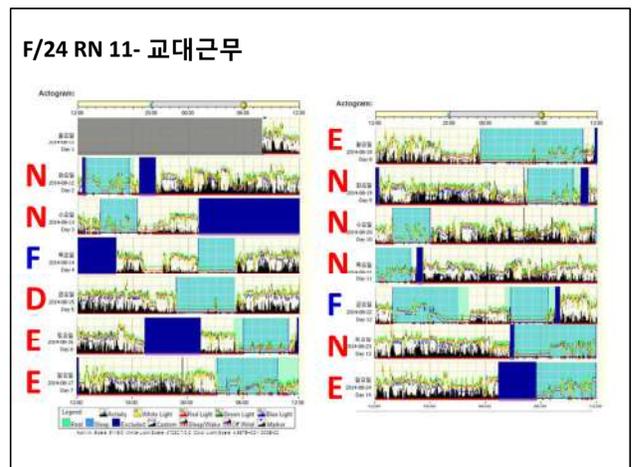
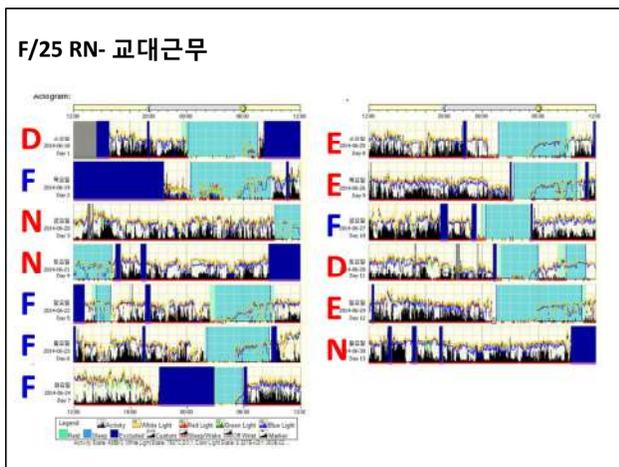
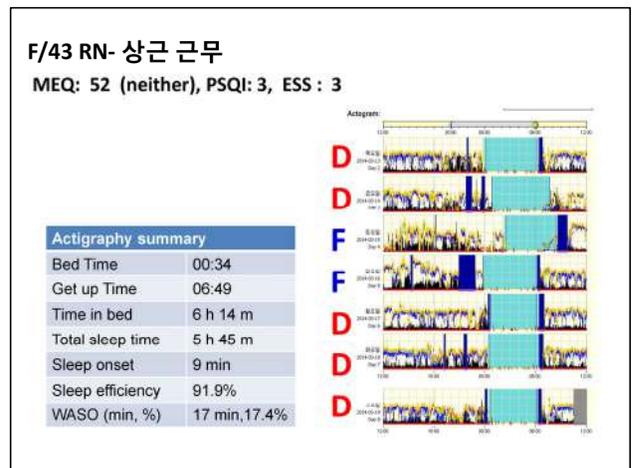
M/55 Stroke
Total blindness

Actigraphy summary	
Bed Time	23:09
Get up Time	05:19
Time in bed	06 h 16 m
Total sleep time	05 h 35 m
Sleep onset	8 min
Sleep efficiency	73 %
WASO (min, %)	36 min, 7 %





Shift Work Sleep-Wake Disorder



액티그래피를 이용한 연구

