VERABAND
ACTIVITY & SLEEP REPORT

SERIAL NUMBER
1234567890

RECORD PERIOD	REQUESTOR	SITE	PARTICIPANT ID	DATA QUALITY
12 FEB - 12 MAR 2026	DR. ALEX SMITH	SAMPLE SITE	N/A	28 / 28 days worn

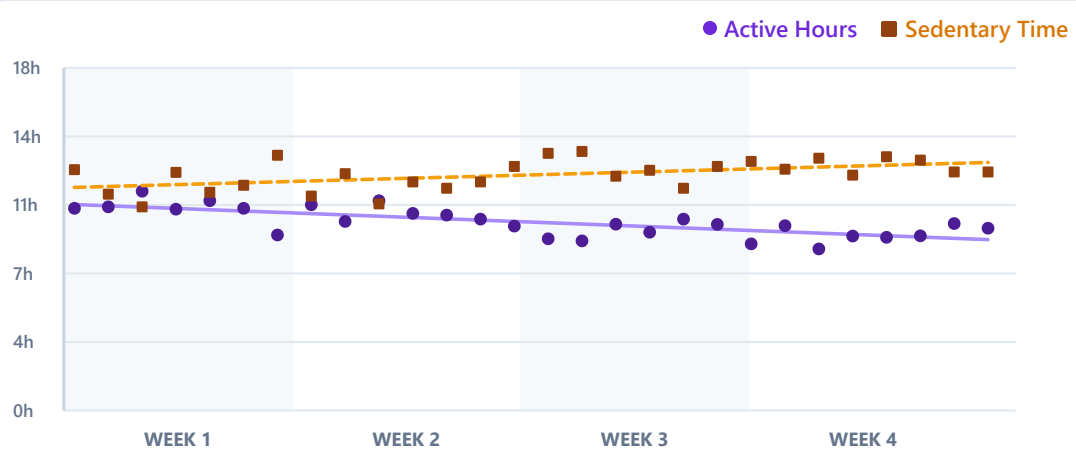
WEAR PERIOD SUMMARY

Across the 28-day wear period, inactive time increased by 2.25 h/day while active time decreased by 4.35 h/day. Total sleep time increased by 2.1 h/night, with nighttime wakefulness increasing by 0.5 h/night.

DAYTIME ACTIVITY
28-day trends for daytime active and inactive hours

INACTIVE HOURS CHANGE
+2.03 h/day
Wear-period average: 9.7 h/day

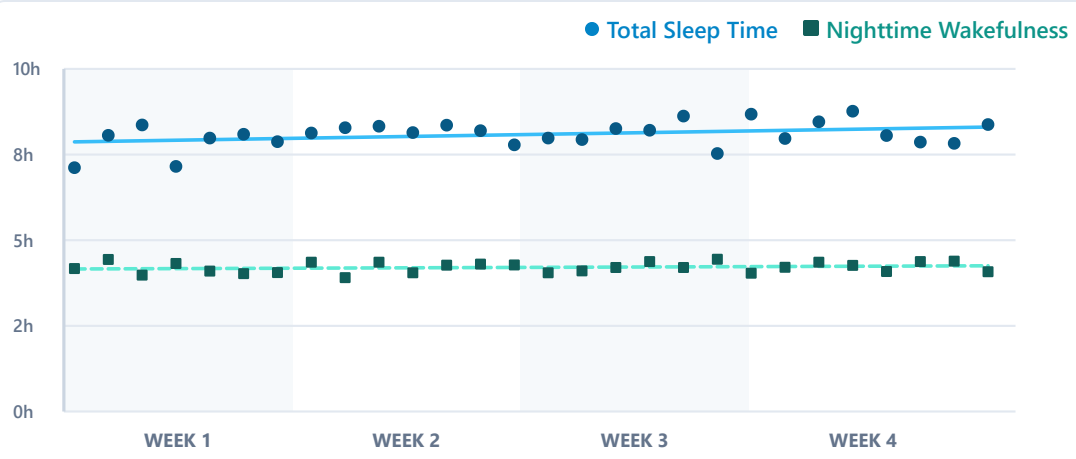
ACTIVE HOURS CHANGE
-2.85 h/day
Wear-period average: 5.8 h/day



SLEEP PERIOD
28-day trends for total sleep time and nighttime wakefulness

TOTAL SLEEP CHANGE
+0.67 h/night
Wear-period average: 7.2 h/night

NIGHTTIME WAKEFULNESS CHANGE
+0.15 h/night
Wear-period average: 1.3 h/night



WEEK TO WEEK AGGREGATE

Arrows show direction versus the prior week

MEASURE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OVERALL
Days worn	7.0	7.0	7.0	7.0	**28.0**
Mean active hours (h/day)	6.9	6.5 ↓	5.0 ↓	4.9 ↓	**5.8**
Mean sedentary hours (h/day)	9.1	8.9 ↓	10.3 ↑	10.4 ↑	**9.7**
Mean total sleep time (h/night)	6.8	7.4 ↑	7.4 ↓	7.4 ↑	**7.2**
Mean nighttime wakefulness (h/night)	1.2	1.3 ↑	1.2 ↓	1.3 ↑	**1.3**

VERABAND

HOW TO READ THIS REPORT

Reading and interpretation guidance for the prescribing clinician

On receipt at the VERACRON laboratory, device integrity, calibration, and downloaded-data quality are reviewed. Every VERABAND device has a unique serial number used by the clinical team to link the report to the corresponding participant record. A trained technician processes the wrist-actigraphy record using the standardized VERABAND analysis workflow and generates the Wear Period Summary shown on page 1. This report supports longitudinal review and should be interpreted with the broader clinical picture.

RECOMMENDED READING ORDER

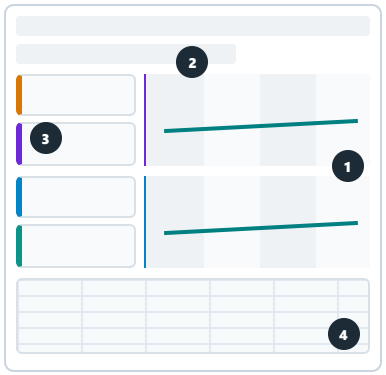
1. **Read the day and night graphs.**
   The daytime graph separates active and inactive time. The nighttime graph separates sleep and nighttime wakefulness. Each plotted marker represents one 24-hour report day beginning at device activation; a daily point requires at least 18 hours of valid wear.

2. **Read the Wear Period Summary.**
   This concise narrative highlights the fitted direction and magnitude of change across daytime activity measures.

3. **Read the summary boxes to the left.**
   The summary boxes emphasize the fitted overall change for each daytime and nighttime measure; the monitoring-period average is shown beneath it for context.

4. **Read the Week-to-Week Aggregate table.**
   The bottom table summarizes weekly averages. Arrows indicate increase or decrease from the prior week, and the Overall column summarizes the full monitoring period.

LOCATIONS ON PAGE 1



HOW THE MEASUREMENTS ARE PRODUCED

Report day, valid wear, and non-wear

A **report day** is one 24-hour period beginning at device activation, not necessarily midnight to midnight. For example, activation at 4:00 PM produces a report day from 4:00 PM through 3:59 PM the next day. A point is displayed only when the day contains at least **18 hours of valid wear**. Extended periods with no activity for 2 hours or longer are treated as non-wear and excluded from applicable calculations.

Daytime activity

VERABAND uses a precision **3-axis accelerometer** to measure movement frequency and intensity. **Active hours** are the cumulative time above the movement-based reference datum. **Inactive hours** are valid awake time below that datum and are reported separately from the nighttime sleep period.

Nighttime sleep

The identified nighttime period is separated into **total sleep time**, the estimated time asleep, and **nighttime wakefulness**, the estimated wake time after initial sleep onset and before final awakening. Nighttime wakefulness is an indicator of sleep fragmentation; the device does not measure sleep stages.

Daily points and trendlines

Each graph marker represents one valid 24-hour report day. The fitted trendline summarizes the overall direction across the monitoring period. The change shown in the summary box is the difference between the trendline value at the first and last report day. It is not a confidence interval, statistical-significance test, or proof of treatment effect.

Weekly and overall averages

The bottom table groups the daily graph data into four 7-day periods. Weekly values are averages of available valid days in each week. The Overall column summarizes the full monitoring period. Weeks with fewer than 5.0 days worn are flagged for cautious interpretation.

DATA-QUALITY FLAGS

Complete	7.0 of 7 days	Use the week as reported.
Low wear	Fewer than 5.0 days	Interpret or exclude with caution.
No daily point	Under 18 valid hours	The day is not plotted or included as a valid daily estimate.
Non-wear	No activity for 2+ hours	Removed before applicable metrics are calculated.

INTERPRETATION LIMITS

Interpret results alongside symptoms, treatment timing, medication changes, and other clinical information. Wrist actigraphy estimates movement, sleep duration, and wake fragmentation. It does not measure sleep stages or replace polysomnography. Small changes may reflect normal day-to-day variability.

PROPOSED DRAFT - FOR DESIGN REVIEW ONLY