Table V. Subjective Sleep vs objective Sleep and Physical Activity Data.

Objective Accelerometer Data for all days
Total Rest Time (hours)
Total Sleep Time (hours)
Sleep Efficiency (%)
Achieved >= 8Hrs TRT (n, %)
Achieved >= 8Hrs TST (n, %)
Accelerometer Physical Activity (3D-counts/min/day)

Abbreviations: vs, versus. n, number. %, percentage. TRT, total rest time. TST, total sleep time. 3D-counts/min/day, a