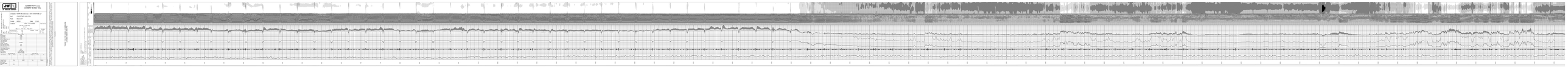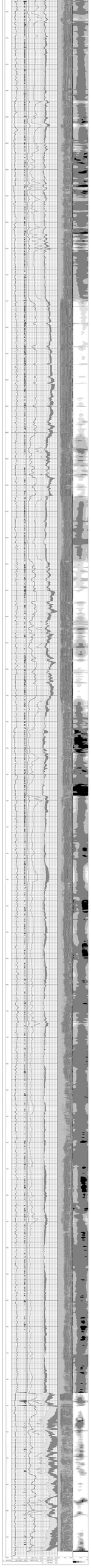
JNF
NEUROLOGY
GUARDIAN BOND 1 (GB1)
GUARDIAN BOND 1 (GB1)
STUDY OF ONE HOUR OF A 3 HR RECORD OF
SLEEP
AWAKE
STAGE 1
STAGE 2
STAGE 3
STAGE 4
REM
MOVEMENT
TOTAL
LATENCY
EFFICIENCY
SLEEP
Min
%
%
Min
%
Min
%
Min