LONGITUDINAL TRACKING OF SLEEP AND RESTING HEART RATE (RHR)

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WHAT DID I DO
HOW DID I DO IT
SLEEP DURATION, ONSET, WAKEUP

Sleep onset  |  Wakeup
SLEEP DURATION IN HOURS

Manual  Basis  Oura  Fitbit

1Q 2016  2Q  3Q  4Q  1Q 2017  2Q
1/1/2016 4/1/2016 7/1/2016 10/1/2016 1/1/2017 4/1/2017
SLEEP STAGE DETECTION

REM SLEEP

DEEP SLEEP
Sleep Stage Detection

REM Sleep

Deep Sleep

Heart rate > 135

Sleep stage detection using wearable devices.
RESTING HEART RATE
RESTING HEART RATE (RHR)
FIRST YEAR OF RESTING HEART RATE
ACCURACY
PRECISION
RELIABILITY
OURA RING AND FITBIT BLAZE
RESTING HEART RATE — COMPARISON

Basis    Oura    Fitbit Blaze
RHR — MOVING AVERAGE

Basis  Oura  Fitbit Blaze

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TEMPERATURE DATA

Previous Night
Sleep Balance
Previous Day
Activity Balance
Body Temperature
Resting Heart Rate
Recovery Index

Body Temperature Deviation
+2.5°C
TEMPERATURE AND RHR DATA
THANK YOU

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