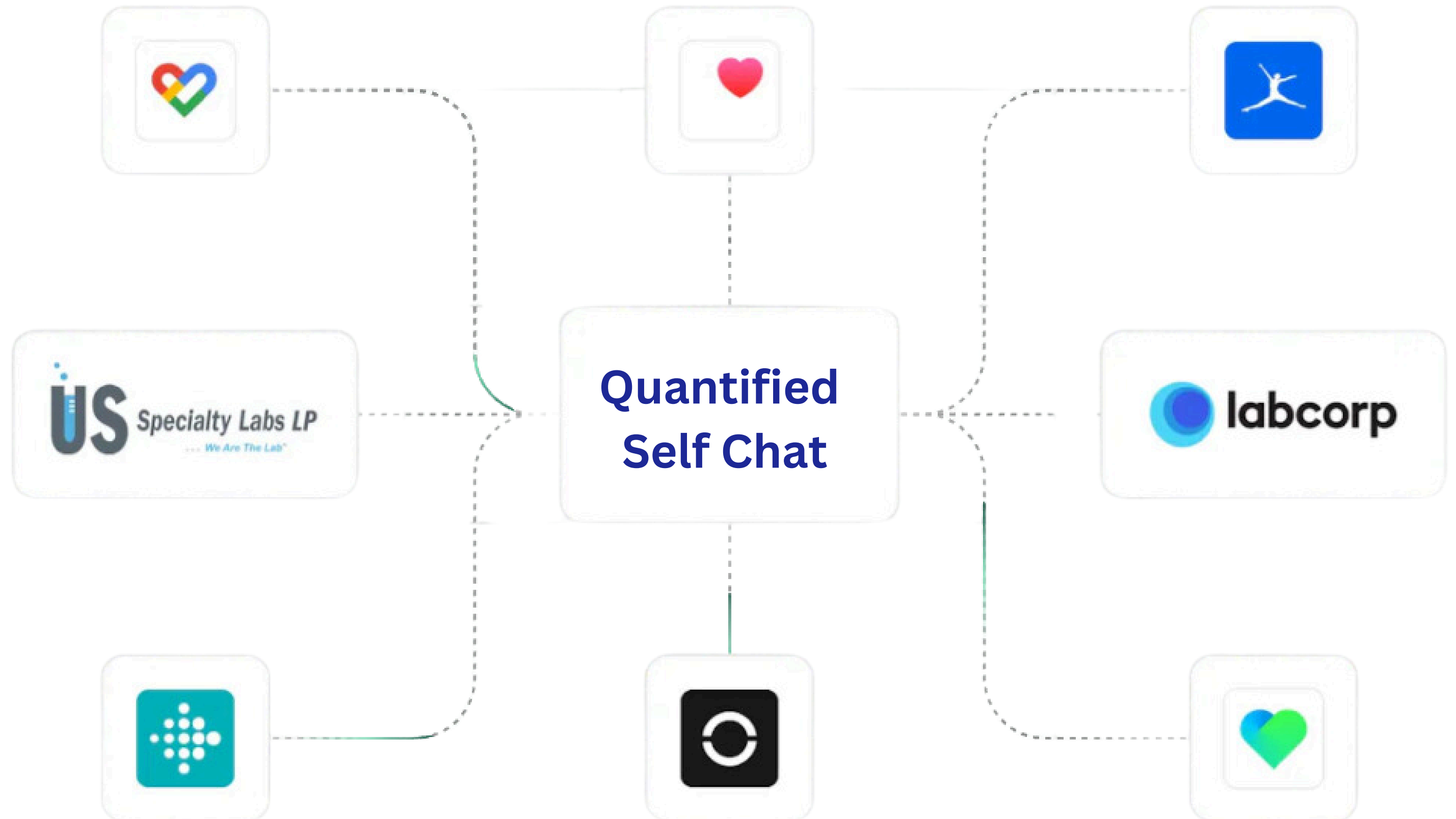


The Quantified Self Chat

The background features a large, solid purple shape in the upper right corner. Below it, a series of concentric, wavy lines in shades of blue and purple create a sense of depth and movement, resembling a stylized landscape or a digital interface element.

The Quantified self chat connects to your health apps and gives you insights which can help you to optimize your life



```
50] prompt_4 = "Give me correlation between mood and sleep duration. Also based on this give us optimal time to wake up. Give me in short quantified summary in 5 sentence
```

```
print(response)
```

```
## Correlation between Sleep Duration and Mood
```

```
Based on the data you provided, there is a positive correlation between sleep duration and mood. This means that as sleep duration increases, mood tends to improve.
```

```
Here's a breakdown of the correlation between Sleep Duration (hours) and Mood for different ranges:
```

```
**Low Sleep Duration (6.1 - 6.5 hours)**
```

```
* Average mood: 4.2
* Mood tends to be lower compared to other groups.
* Individuals in this group report experiencing negative emotions like anxiety, stress, and fatigue more frequently.
```

```
**Medium Sleep Duration (6.6 - 7.0 hours)**
```

```
* Average mood: 5.2
* This group reports increased positivity and experiences fewer negative emotions compared to the low sleep duration group.
* However, their mood is still not as high as individuals who sleep longer.
```

```
**High Sleep Duration (7.1 - 7.5 hours)**
```

```
* Average mood: 6.2
* This group experiences the highest average mood.
* They report feeling more positive, energetic, and overall better rested.
```

```
] prompt_6 = """ Based on the Nurse's data, what is her average mood for morning sheets, afternoon sheets, and night sheets. Give me quantified and table format result
```

```
print(response)
```

```
When I look at the average mood for morning sheets and afternoon sheets, I can say that the average mood for morning sheets is 47.7 and the average mood for afternoon
```

```
Here's a table of average moods for morning and afternoon sheets:
```

```
| Shift | Average Mood |  
|---|---|  
| Morning | 47.7 |  
| Afternoon | 78.3 |  
| Night | N/A |
```

```
It's important to consider that these are just averages, and individual experiences may vary. There are many factors that can influence mood, such as time of day, stre
```

Use Cases

Correlate average **wake-up** time with **mood** -> Determine optimal wake-up time.

Analyze how **alcohol consumption's** effect on **sleep quality** -> Understand how alcohol affects sleep.

Assess **weather's** impact on **mood** -> Decide if traveling to Florida during winter is advisable.

Examine the relationship between **types of exercise** and **mood** -> Identify the best sport to stick with.

Scaling

- Aggregating data from more apps, not only wellness relate, such as Productivity trackers, to-do lists apps, Calendar, locations.
- Keeping accountability by sharing insights and statistics with friends.

Revenue Model

- Monthly subscription for personal use.
- Hospitals to optimize nurses rest, and reduce worn-out
- Tech companies to let employees improve their productivity.