Research Question:

What contributes to a high sleep score (for myself)?

Useful data:

Sleep Score\sleep\_score.csv

Stress Score\Stress Score.csv

Temperature\Computed Temperature.csv

Heart Rate Variability\Heart Rate Variability Summary.csv

Heart Rate Variability\Respiratory Rate Summary - 2023-08-13.csv

Active Zone Minutes (AZM)\ Active Zone Minutes - 2023-08-13.csv

target: revitalization\_score, STRESS\_SCORE

What is restlessness?

How is stress score calculated?

What is temperature? My body temperature or environment temperature?

What is Active Zone Minutes (AZM)?

* Active Zone Minutes counts your time spent in any heart-pumping activity. Your default goal is based on the widely accepted recommendation of 150 minutes of moderate activity or 75 minutes of vigorous activity per week.\*