Dashboard

Latest: 2026-02-15

RESTING HR	HRV	SLEEP	STRESS	READINESS
51 bpm	62 ms	70	17	71
↓ 7.0% vs prev week	↑ 5.2% vs prev week	↓ 2.1% vs prev week	↑ 4.7% vs prev week	

RECOVERY STATUS

Training Readiness 71

Body Battery Peak 84

Sleep Score 70

HRV 62

TODAY'S RECOMMENDATION

Ready to train hard

Readiness 71 · Stress 17

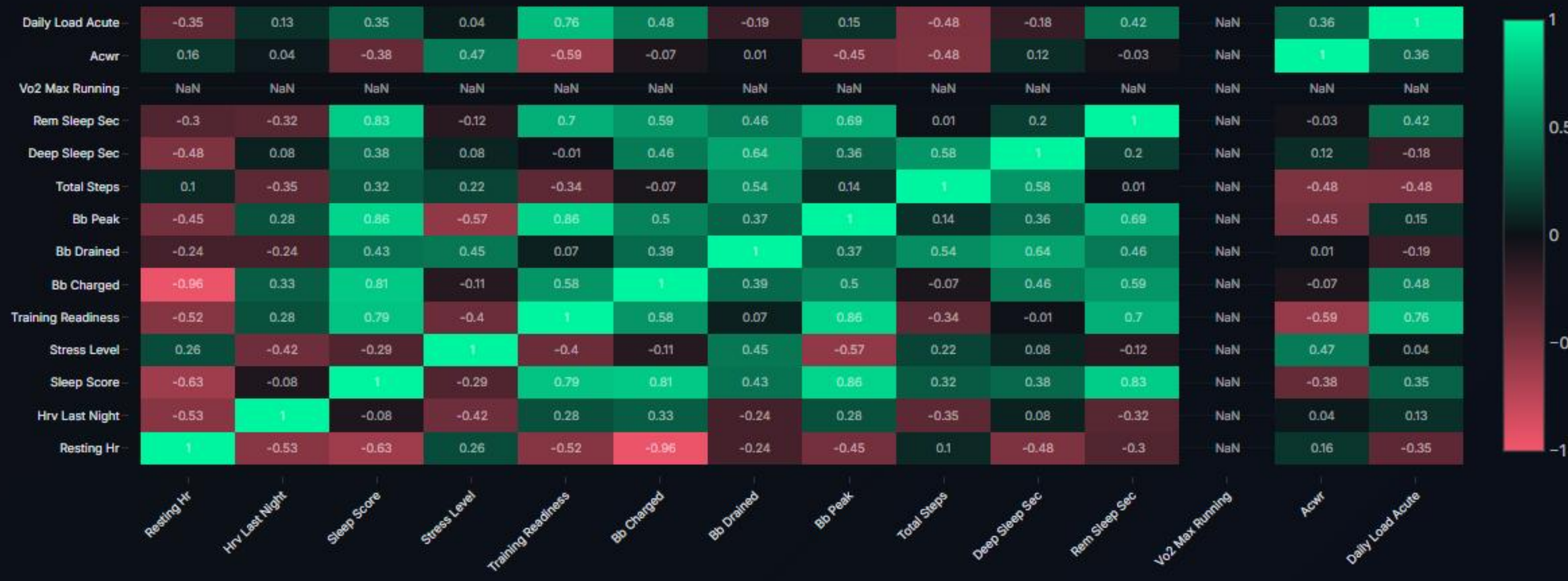
ACWR 0.89 — optimal zone

Correlations

Statistical relationships between your metrics

Heatmap | Top Pairs | Lag-1 Predictors | Computed Summary

SAME-DAY CORRELATION MATRIX



Agent Chat

Talk to 9 specialized AI agents — they have full database access + correlation data

(•) Single Agent (fast) ( ) Multi-Agent (comprehensive)

Single: one analyst answers quickly. **Multi:** dispatches to relevant specialists who work in parallel, then synthesizes their responses. Slower but deeper.

› Example questions

how does my sleep affect my training ?

HEALTH ANALYST

Your sleep significantly impacts your training. Specifically, your sleep metrics from the previous day are strong positive predictors of your training acute load for the current day.

* **Training Sleep Score** from yesterday predicts today's **Training Acute Load** with a very strong positive correlation of r=+0.996 (p=0.0003).
* Your overall **Sleep Score** from yesterday predicts today's **Training Acute Load** with a strong positive correlation of r=+0.989 (p=0.0013).
* **Training Sleep Percentage** from yesterday predicts today's **Training Acute Load** with a strong positive correlation of r=+0.976 (p=0.0043).
* **REM Sleep Seconds** from yesterday predicts today's **Training Acute Load** with a strong positive correlation of r=+0.974 (p=0.0052).

This indicates that better sleep quality and quantity (higher sleep scores, more REM sleep, higher sleep percentage) on one day are highly associated with a greater capacity for training acute load on the following day.

Clear chat

Ask anything about your health data...