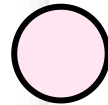# DATA SELF PORTRAIT
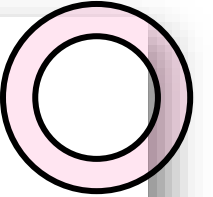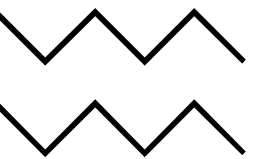
BY MARY PHELAN
C00249325

Source of Data

The Huawei Health app on my phone

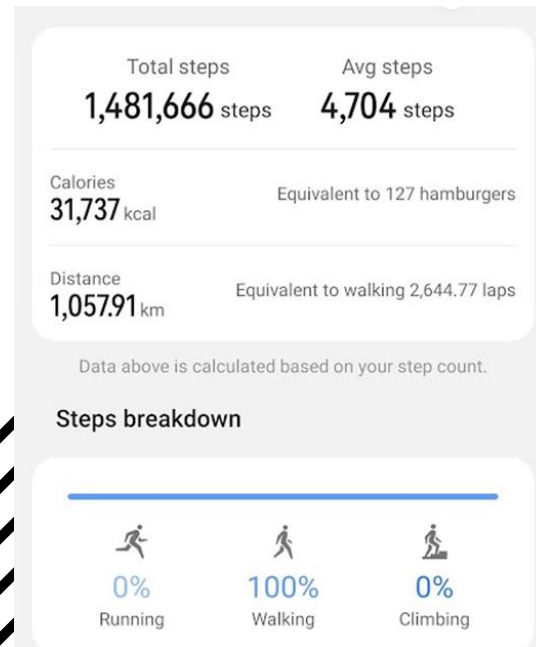Tracking my sleep pattern and steps taken daily

Why I chose this data for my portrait

I chose to track my steps and sleeping pattern as I think they convey the most information about me and my day-to-day life.

These chunks of data show my daily routine and show when an irregularity has occurred within it

Jan
Avg **3,006** steps

Oct
Avg **6,772** steps

Total steps	Avg steps
1,481,666 steps	**4,704** steps

Calories
31,737 kcal — Equivalent to 127 hamburgers

Distance
1,057.91 km — Equivalent to walking 2,644.77 laps

Data above is calculated based on your step count.

Steps breakdown

0%	100%	0%
Running	Walking	Climbing

- My average steps in January differ completely to the steps I have taken in October
- January – online lectures, working remotely
- October – returned to campus and living in Carlow

- The month of June consists of a lot of spikes as I spent time hanging out with my friends going on walks and hikes

- On this week and specific day, there was a spike in my steps due to going out with friends

Day   Week   **Month**   Year

< Oct ▾

11 October

17,990 steps

20,000

15,000

10,000

5,000

0

10/10

03/10   17/10   24/10   31/10

Total steps   Avg steps
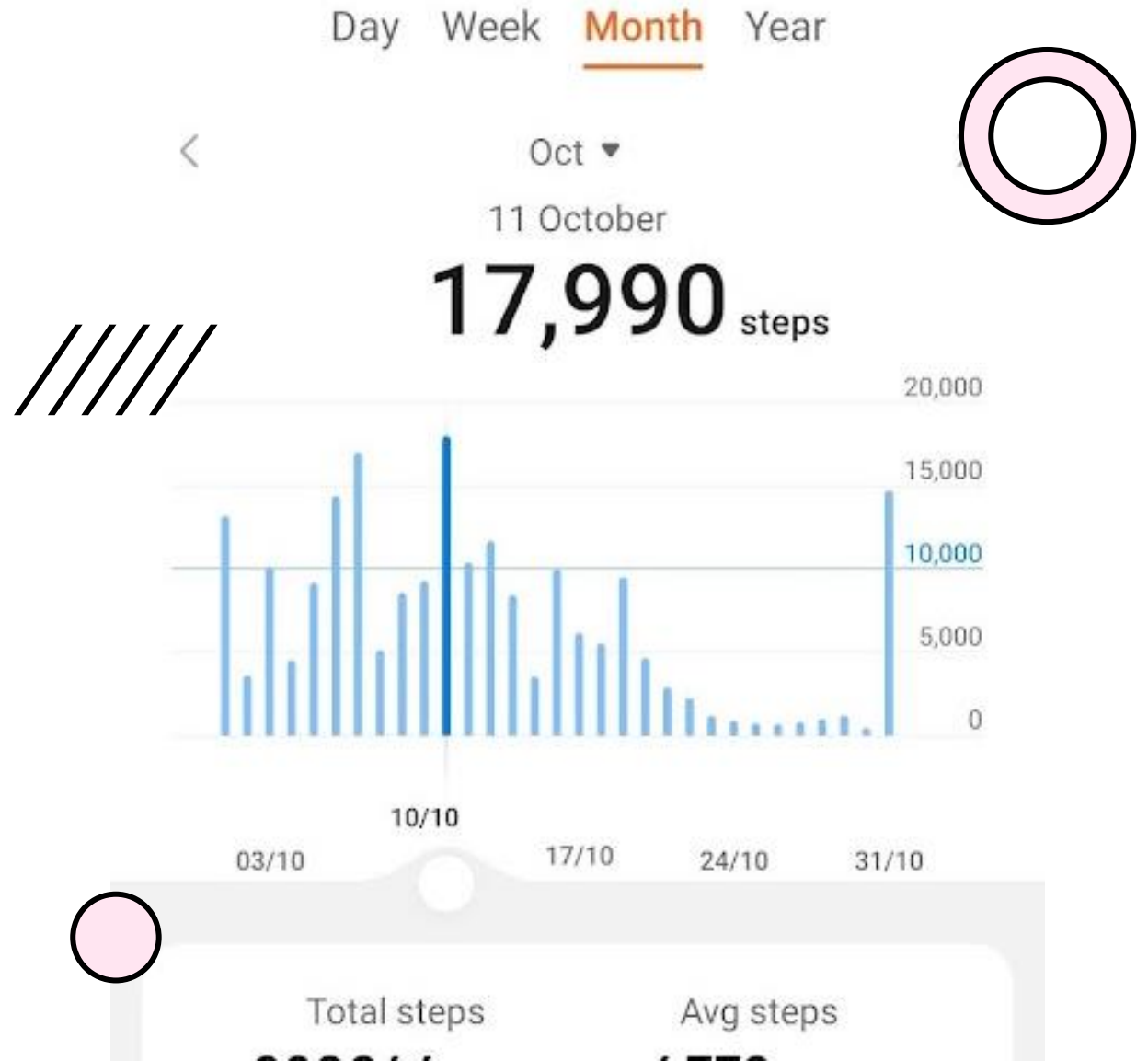
SCREEN RECORDING
-
ISOLATION
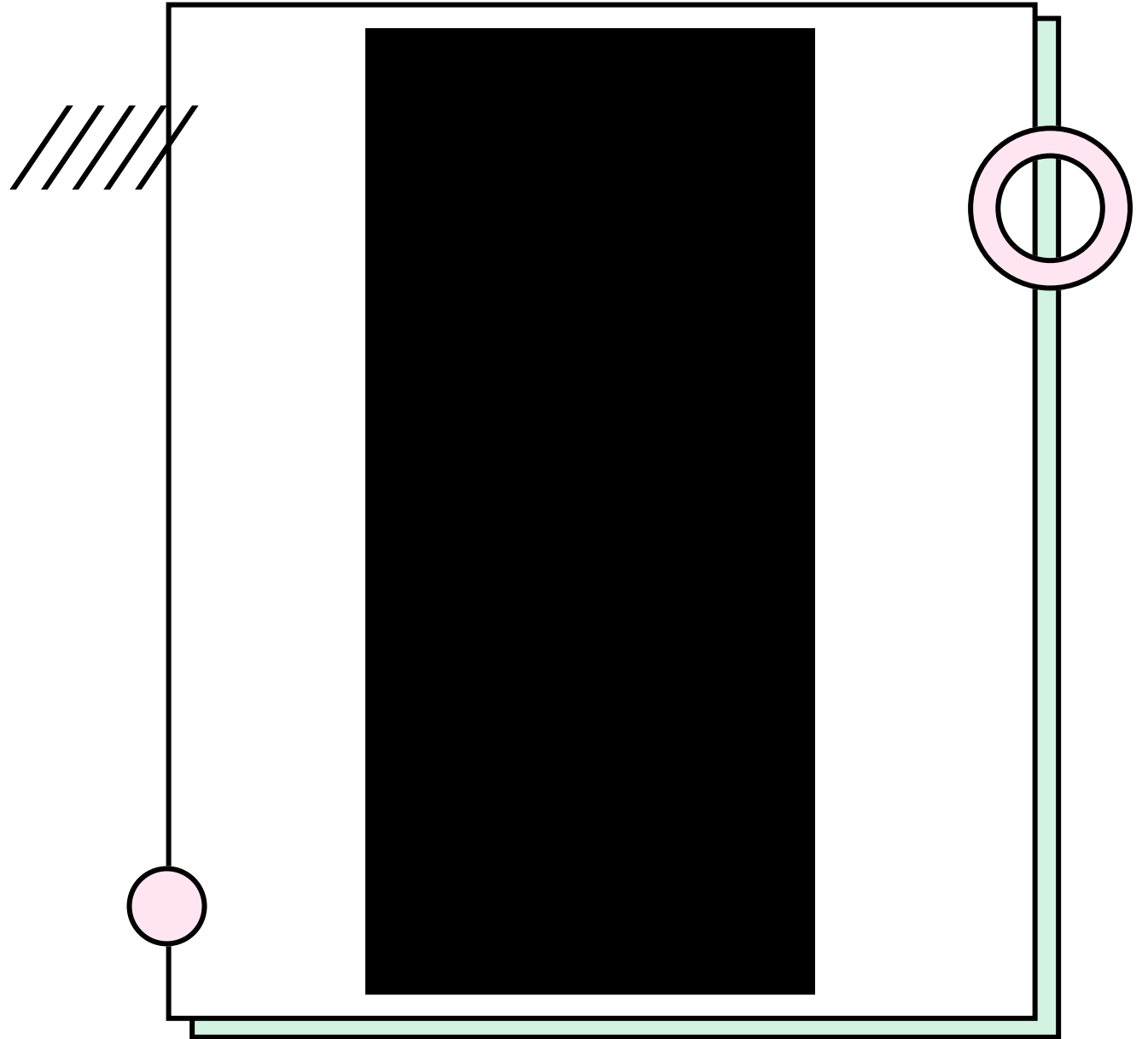
- I had finished isolating on this day and went for a long walk around Carlow after being inside for so long.

← **Steps**

Day **Week** Month Year

25 – 31 Oct ▾

31 October

14,721 steps

16,000
12,000
10,000
8,000
4,000
0

31/10
Sun

25/10
Mon   Tue   Wed   Thu   Fri   Sat

1ST OF AUGUST

Sleep

Day Week Month Year

9 h 29 min

- Deep sleep
- Light sleep
- REM sleep
- Awake

01/08
Rise time 10:30

01/08
Bed time 01:00

Score
83 points
★★★★½
Better than 87% of users

Last night, you fell asleep at 01:00, which was a little late, but the quality of your sleep was good.

Ensure adequate sleep time to give yourself plenty of energy. 10 pm to 6 am is the ideal time for rest. You can use Huawei Wear to set alarms to help staying on a regular schedule.

- Deep sleep   3 h 38 min
- Light sleep   3 h 51 min
- REM sleep   2 h 0 min

Sleep

Day Week Month Year

- Deep sleep   3 h 38 min
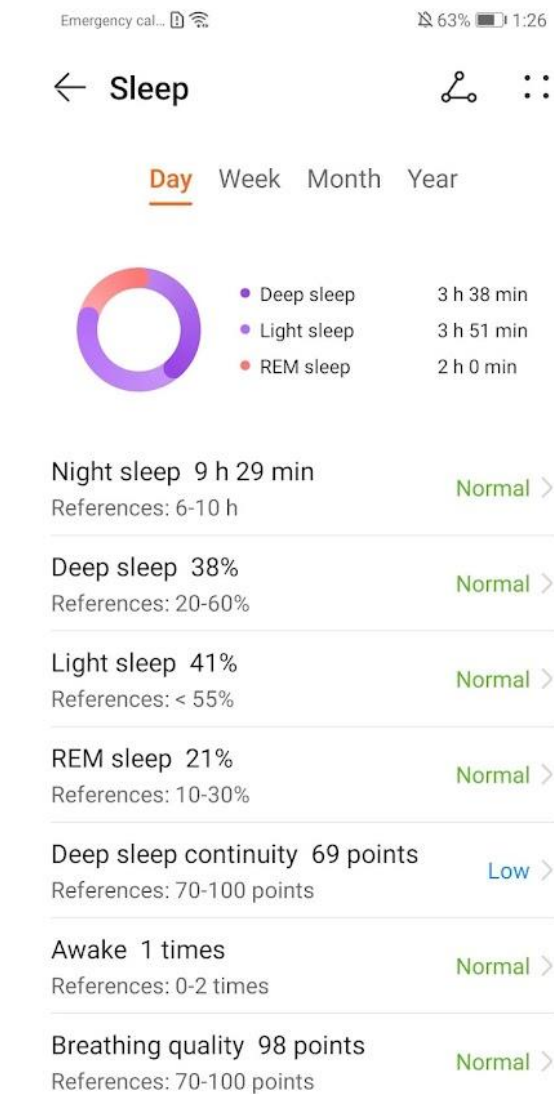- Light sleep   3 h 51 min
- REM sleep   2 h 0 min

Night sleep 9 h 29 min
References: 6-10 h
Normal ›

Deep sleep 38%
References: 20-60%
Normal ›

Light sleep 41%
References: < 55%
Normal ›

REM sleep 21%
References: 10-30%
Normal ›

Deep sleep continuity 69 points
References: 70-100 points
Low ›

Awake 1 times
References: 0-2 times
Normal ›

Breathing quality 98 points
References: 70-100 points
Normal ›

1ST OF SEPTEMBER

← Sleep

Day Week Month Year

6 h 53 min

- Deep sleep
- Light sleep
- REM sleep
- Awake

04/09
Bed time 01:51

04/09
Rise time 08:44
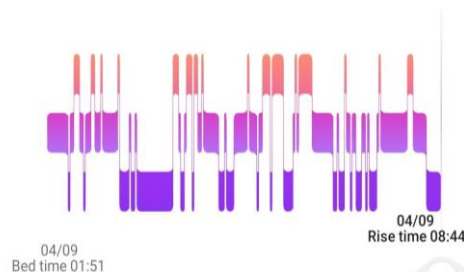
Score
80 points
★★★★☆
Better than 71% of users

You slept 6 h 53 min last night, which was a little short. Maintaining a regular schedule can help you stay asleep longer.

Sufficient sleep leads to higher energy levels. Keep a regular biological clock by maintaining a routine sleep schedule. Strengthen your circadian rhythm by getting more sunlight during the day and avoiding brightly lit environments at night.

- Deep sleep   2 h 13 min
- Light sleep   3 h 20 min

← Sleep

Day Week Month Year

- Deep sleep   2 h 13 min
- Light sleep   3 h 20 min
- REM sleep   1 h 20 min

Night sleep 6 h 53 min
References: 6-10 h
Normal ›

Deep sleep 32%
References: 20-60%
Normal ›

Light sleep 48%
References: < 55%
Normal ›

REM sleep 20%
References: 10-30%
Normal ›

Deep sleep continuity 57 points
References: 70-100 points
Low ›

Awake 0 times
References: 0-2 times
Normal ›

Breathing quality 98 points
References: 70-100 points
Normal ›

7TH OF SEPTEMBER

← Sleep

Day Week Month Year

Night sleep

8 h 21 min

● Deep sleep ● Light sleep ● REM sleep ● Awake

07/09
Bed time 01:32

07/09
Rise time 10:01

Score
91 points
★★★★★
Better than 99% of users

You slept for 8 h 21 min last night. The quality of sleep was excellent.

Getting a full night's sleep allows your mind and body to rest and recuperate, so that you feel full of energy.

● Deep sleep 3 h 16 min
● Light sleep 3 h 1 min

← Sleep

Day Week Month Year

● Deep sleep 3 h 16 min
● Light sleep 3 h 1 min
● REM sleep 2 h 4 min

Night sleep 8 h 21 min
References: 6-10 h
Normal >

Deep sleep 39%
References: 20-60%
Normal >

Light sleep 36%
References: < 55%
Normal >

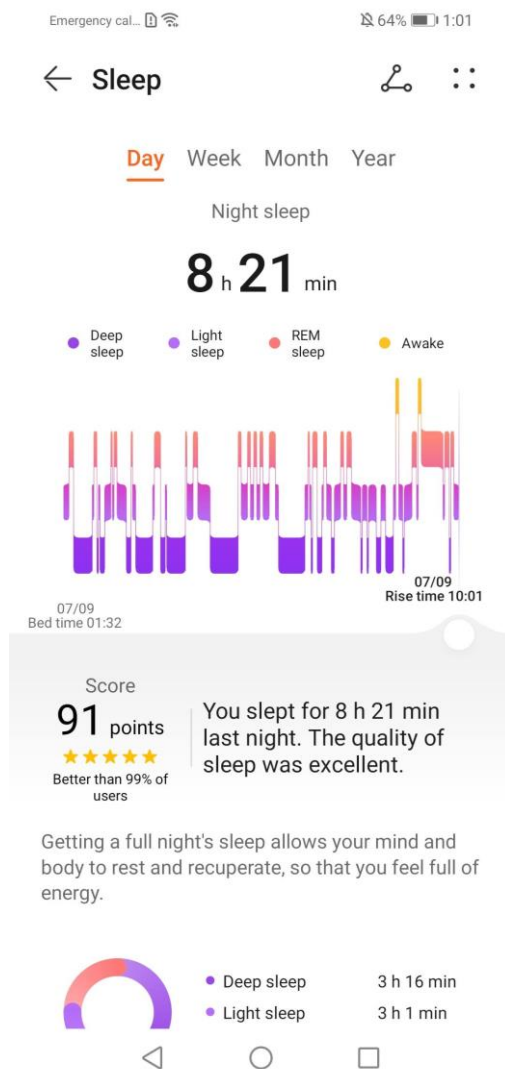REM sleep 25%
References: 10-30%
Normal >

Deep sleep continuity 71 points
References: 70-100 points
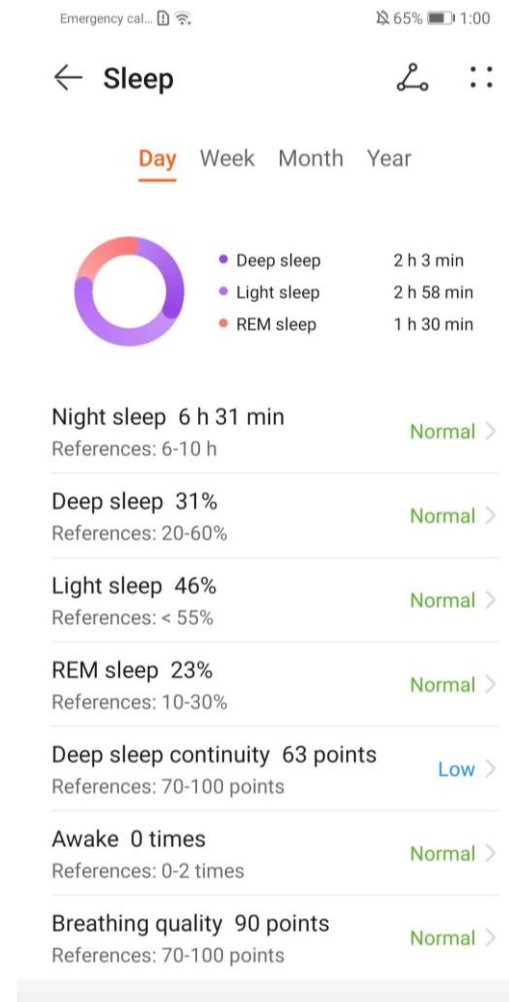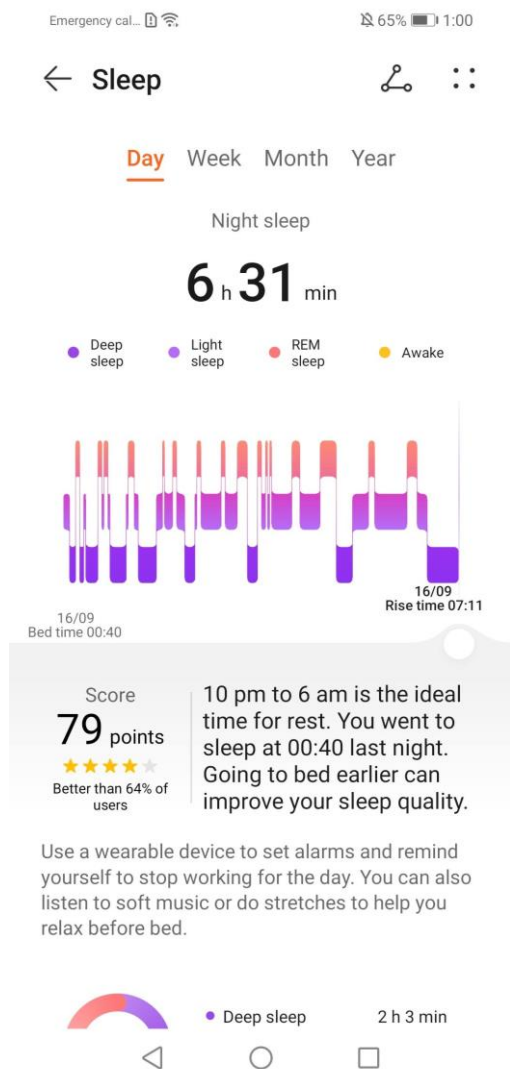Normal >

Awake 2 times
References: 0-2 times
Normal >

Breathing quality 98 points
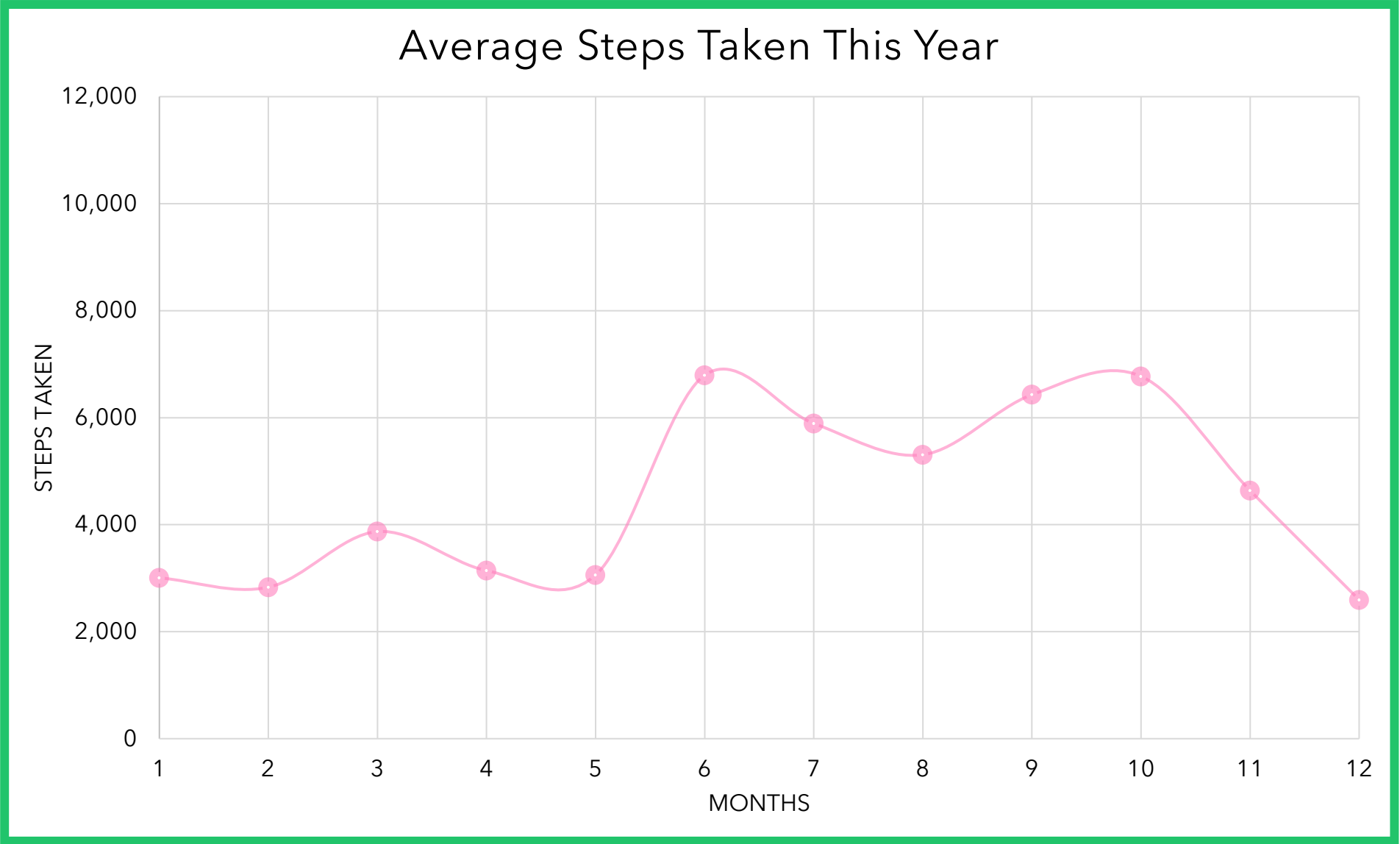References: 70-100 points
Normal >

7TH OF OCTOBER

← **Sleep**
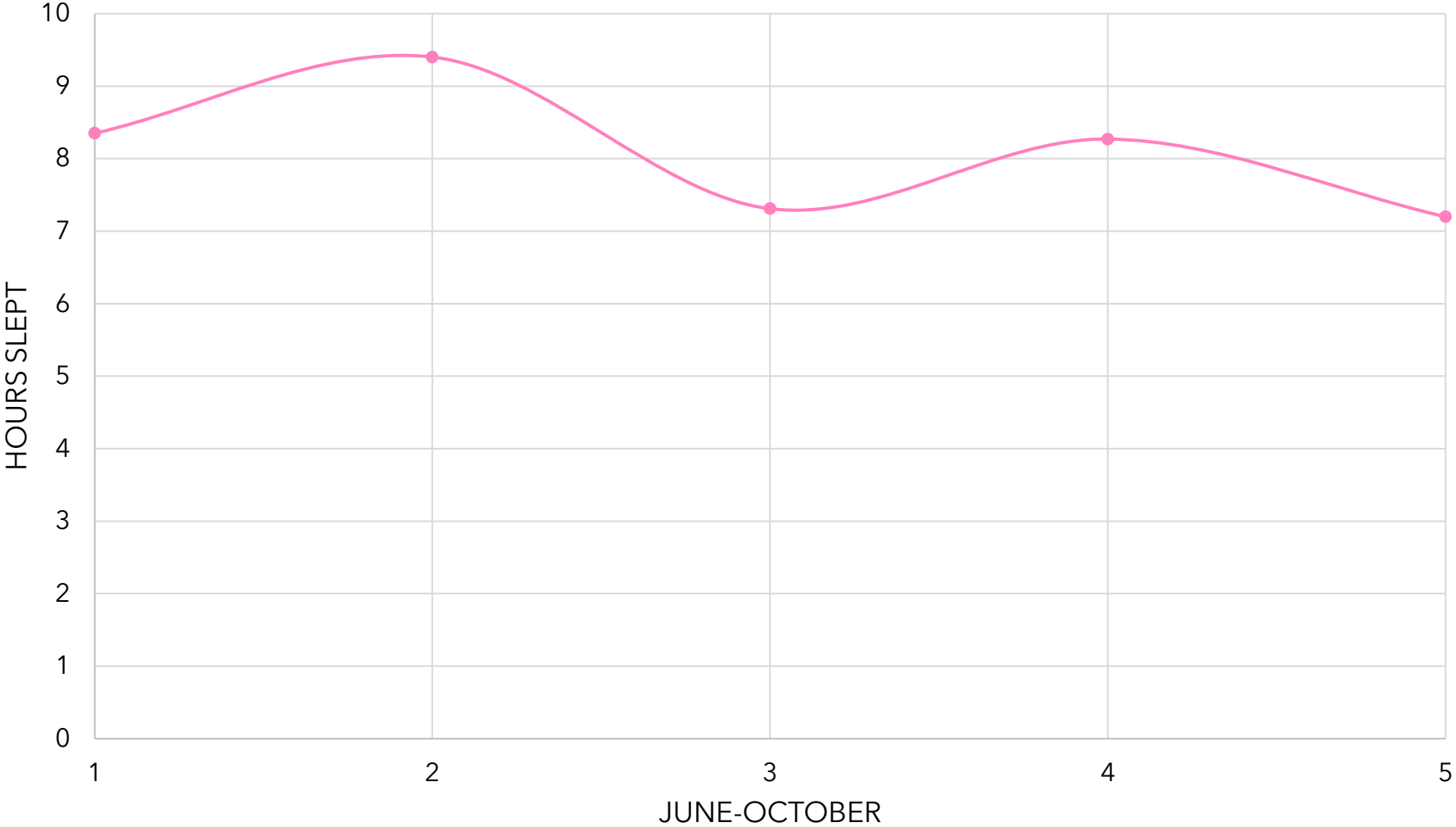
Day Week Month Year

Night sleep

6 h **31** min

• Deep sleep   • Light sleep   • REM sleep   • Awake

16/09
Bed time 00:40

16/09
Rise time 07:11

Score
79 points
★★★★☆
Better than 64% of users

10 pm to 6 am is the ideal time for rest. You went to sleep at 00:40 last night. Going to bed earlier can improve your sleep quality.

Use a wearable device to set alarms and remind yourself to stop working for the day. You can also listen to soft music or do stretches to help you relax before bed.

• Deep sleep   2 h 3 min

◁   ○   □

← **Sleep**

Day Week Month Year

• Deep sleep   2 h 3 min
• Light sleep   2 h 58 min
• REM sleep   1 h 30 min

Night sleep 6 h 31 min References: 6-10 h		Normal >
Deep sleep 31% References: 20-60%		Normal >
Light sleep 46% References: < 55%		Normal >
REM sleep 23% References: 10-30%		Normal >
Deep sleep continuity 63 points References: 70-100 points		Low >
Awake 0 times References: 0-2 times		Normal >
Breathing quality 90 points References: 70-100 points		Normal >

◁   ○   □

Average Steps Taken This Year

Average Hours Slept This Year

HOURS SLEPT

JUNE-OCTOBER

← **Sleep**

Day   Week   Month   **Year**

‹   2020 ▾   ›

Jun 2020

9 h **4** min

● Deep sleep   ● Light sleep   ● REM sleep   ● Awake   ● Naps
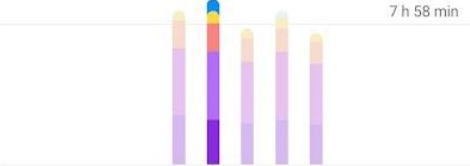
7 h 58 min

2020
1   2   3   4   5   **6**   7   8   9   10   11   12

Average nightly sleep

7 h **58** min

● Deep sleep (avg)   2 h 36 min
● Light sleep (avg)   3 h 53 min
● REM sleep (avg)   1 h 29 min