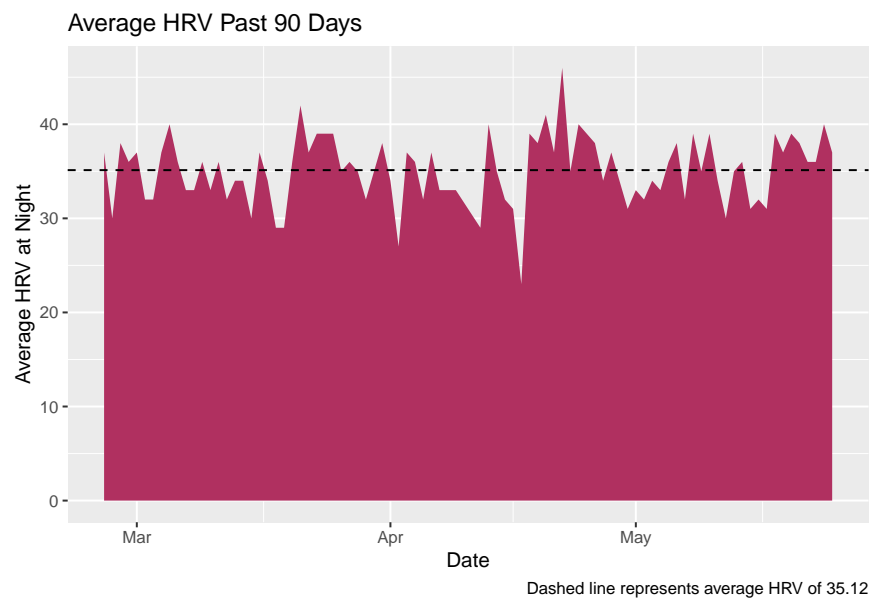
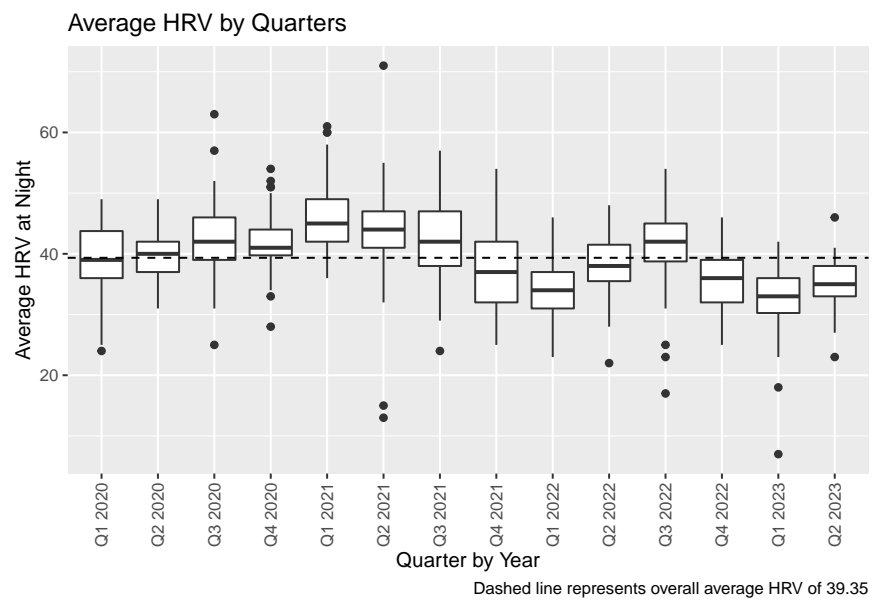


Oura Report

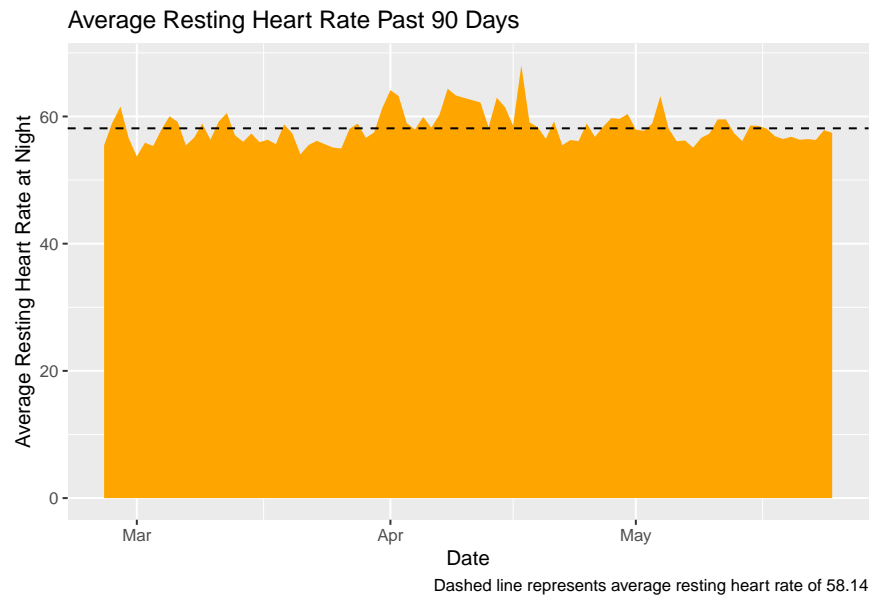
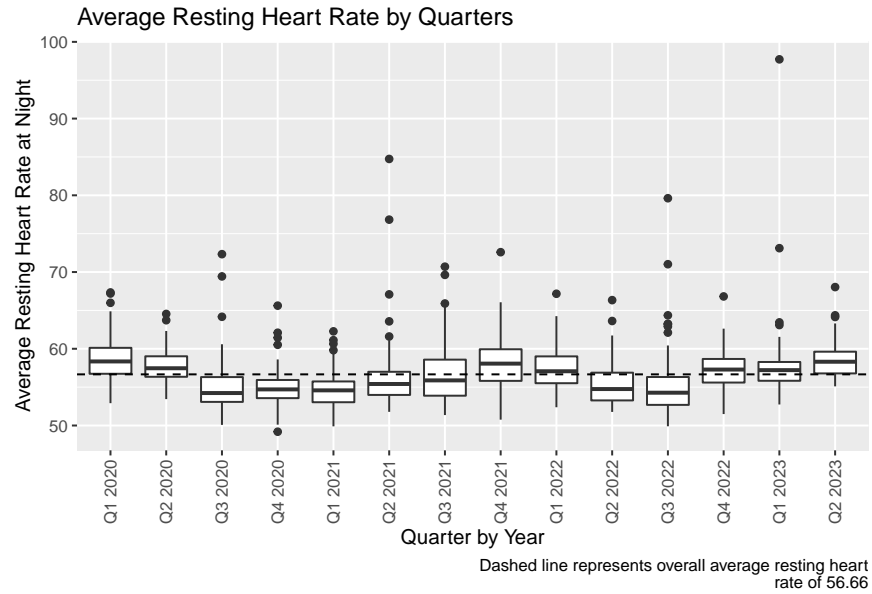
Matt Myers

2023-06-30

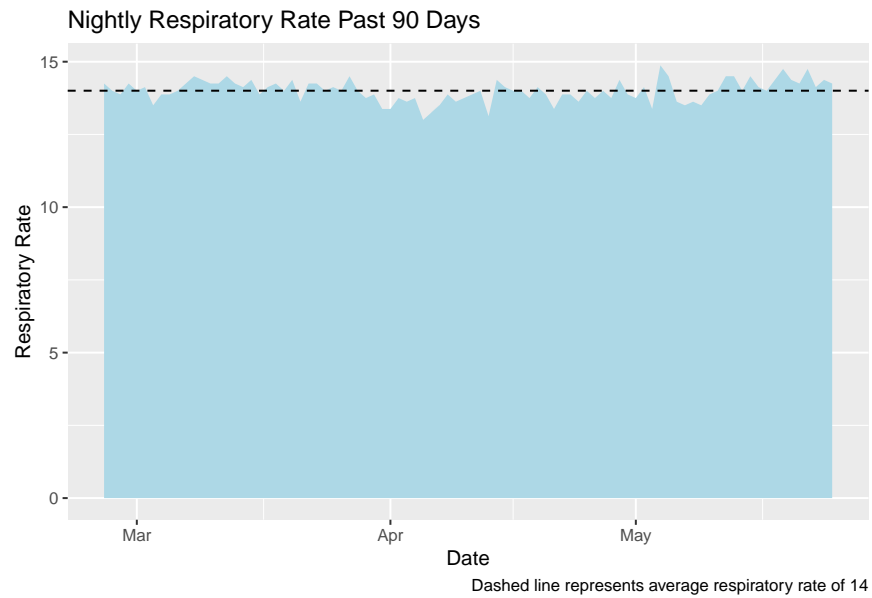
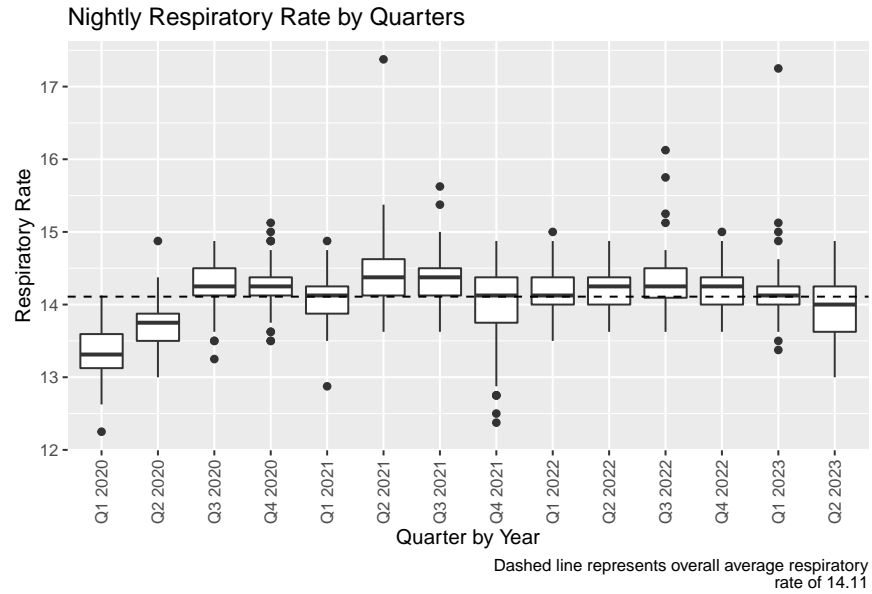
Heart Rate Variability



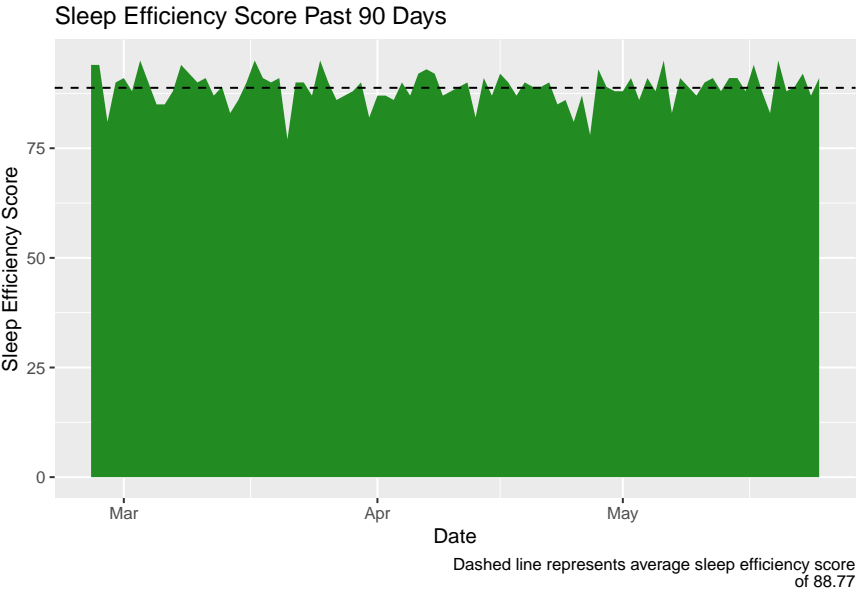
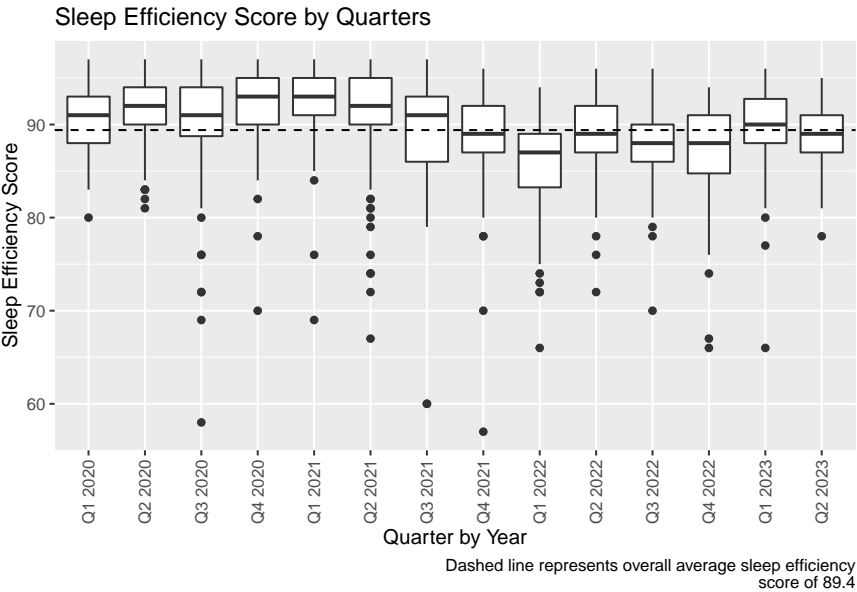
Resting Heart Rate



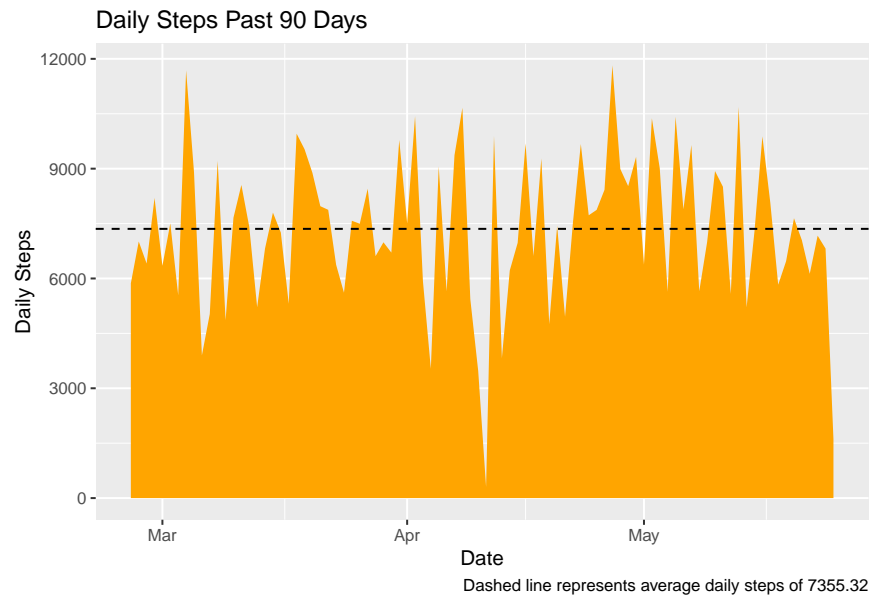
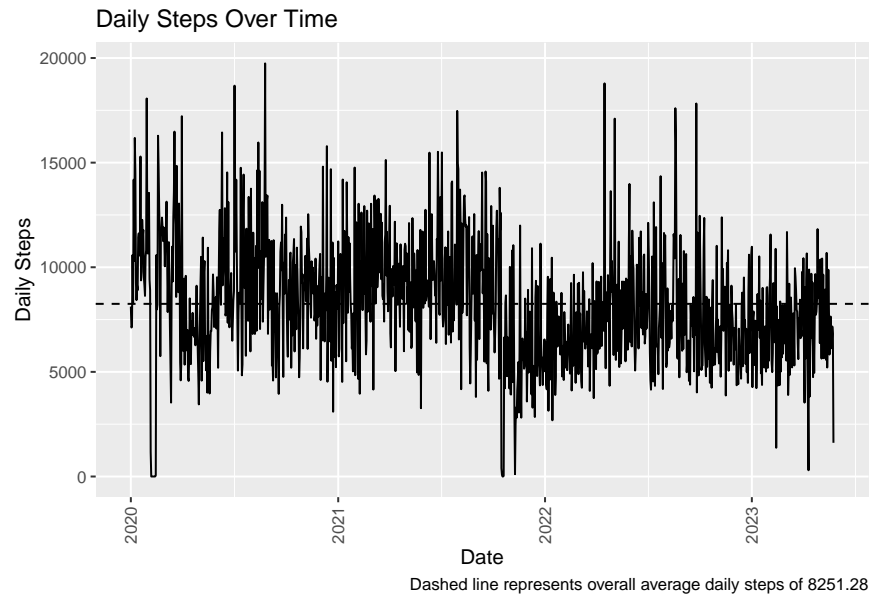
Respiratory Rate



Sleep Efficiency



Activity



Data Available

Below is a list of the data currently available to export through Oura. Are there any specific data values or metrics that need to be assessed more in the future?

## [1]	"date"	"Sleep.Score"
## [3]	"Total.Sleep.Score"	"REM.Sleep.Score"
## [5]	"Deep.Sleep.Score"	"Sleep.Efficiency.Score"
## [7]	"Restfulness.Score"	"Sleep.Latency.Score"
## [9]	"Sleep.Timin.Score"	"Total.Sleep.Duration"
## [11]	"Total.Bedtime"	"Awake.Time"
## [13]	"REM.Sleep.Duration"	"Light.Sleep.Duration"
## [15]	"Deep.Sleep.Duration"	"Restless.Sleep"
## [17]	"Sleep.Efficiency"	"Sleep.Latency"
## [19]	"Sleep.Timing"	"Bedtime.Start"
## [21]	"Bedtime.End"	"Average.Resting.Heart.Rate"
## [23]	"Lowest.Resting.Heart.Rate"	"Average.HRV"
## [25]	"Temperature.Deviation..Å.C."	"Temperature.Trend.Deviation"
## [27]	"Respiratory.Rate"	"Activity.Score"
## [29]	"Stay.Active.Score"	"Move.Every.Hour.Score"
## [31]	"Meet.Daily.Targets.Score"	"Training.Frequency.Score"
## [33]	"Training.Volume.Score"	"Activity.Burn"
## [35]	"Total.Burn"	"Steps"
## [37]	"Equivalent.Walking.Distance"	"Inactive.Time"
## [39]	"Rest.Time"	"Low.Activity.Time"
## [41]	"Medium.Activity.Time"	"High.Activity.Time"
## [43]	"Non.wear.Time"	"Average.MET"
## [45]	"Long.Periods.of.Inactivity"	"Readiness.Score"
## [47]	"Previous.Night.Score"	"Sleep.Balance.Score"
## [49]	"Previous.Day.Activity.Score"	"Activity.Balance.Score"
## [51]	"Temperature.Score"	"Resting.Heart.Rate.Score"
## [53]	"HRV.Balance.Score"	"Recovery.Index.Score"