

Temperature 73 F (time of shortness of breath)

Food No

Position Sitting (Work)

Time 5PM

Date November 11, 2021

Day Thursday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 10 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 76 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? No

Location? House

Temperature 80 F (time of shortness of breath)

Food Yes

Position Sitting Sitting(Bed)

Time 8:30 PM

Date November 12, 2021

Day Friday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 8:40 PM

Oxygen Level Before Neb 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 81 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes

Temperature 76 F (time of shortness of breath)

Food No

Position Laying in Bed

Time 3:50 AM

Date November 14, 2021

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 4:00 AM

Oxygen Level Before Neb 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythmm

Heart Rate 80 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? No

Temperature 80 F (time of shortness of breath)

Food No

Position Laying in Bed

Time 7:10 PM

Date November 15, 2021

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 7:10 PM

Oxygen Level Before Neb 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 75 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? No

Temperature 76 F (time of shortness of breath)

Food Yes

Position Sitting (Work)

Time 10:00 PM

Date November 17, 2021

Day Wednesday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 10 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result? Sinus Rhythm

Heart Rate 76 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? No

Temperature 75 F (time of shortness of breath)

Food No

Position Sleeping

Time 5:00 AM

Date November 21, 2021

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 6:00 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result? Sinus Rhythm

Heart Rate 77 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Temperature 80F time of shortness of breath)

Food No

Position Sleeping

Time 2:10 AM

Date November 22, 2021

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 2:20 AM

Oxygen Level Before 99%
Oxygen Level During Neb 99%
Oxygen Level After Neb 99%
Nebulizer Worked? Yes
ECG Result? Sinus Rhythm
Heart Rate 77 BPM
Wheezing No
Hours of Sleep Last Night 6
Stressing Event? Yes

Temperature 76F time of shortness of breath)

Food No
Position Computer(Sitting)

Time 4:30 AM
Date November 23, 2021

Day Tuesday
Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 4:35 AM

Oxygen Level Before 99%
Oxygen Level During Neb 99%
Oxygen Level After Neb 99%

Nebulizer Worked? Yes
ECG Result? Sinus Rhythm
Heart Rate 70 BPM
Wheezing No

Hours of Sleep Last Night 6
Stressing Event? Yes

Temperature 76F time of shortness of breath)

Food Yes

Position Sofa (Nap)

Time 7:10 PM

Date November 23, 2021

Day Tuesday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 7:15 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result? Sinus Rhythm

Heart Rate 105 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes

Temperature 76F time of shortness of breath)

Food No

Position Bed (Sleeping)

Time 10:00 PM

Date November 25, 2021

Day Thursday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 10:30 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result? Sinus Rhythm

Heart Rate 89 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? No

Temperature 76 F (time of shortness of breath)

Food Yes

Position Sitting (PC)

Time 2:50 AM

Date November 28, 2021

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 3:00 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 85 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? No

Temperature 74 F (time of shortness of breath)

Food Yes

Position Sitting

Time 10:30 PM

Date November 28, 2021

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze No

Nebulize? 10:40 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 76 BPM

Wheezing No

Hours of Sleep Last Night 6

Stressing Event? No

Temperature 74 F (time of shortness of breath)

Food No

Position Bed (Laying)

Time 5:50 AM

Date November 29, 2021

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 5:55 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 77 BPM

Wheezing No

Hours of Sleep Last Night 6

Stressing Event? Yes

Temperature 80 F (time of shortness of breath)

Food No

Position Standing

Time 5:20 PM

Date November 29, 2021

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 5:24 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 80 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? No

Temperature 80 F (time of shortness of breath)

Food Yes

Position Sitting

Time 6 PM

Date November 30. 2021

Day Tuesday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 7:09 PM

Oxygen Level Before 98%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 95 BPM

Wheezing No

Hours of Sleep Last Night 3

Stressing Event? Yes

Temperature 76 F (time of shortness of breath)

Food No

Position Laying(Movie)

Time 12:40 AM

Date December 4, 2021

Day Saturday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 12:45 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 88 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes

Temperature 76 F (time of shortness of breath)

Food No

Position Laying(Sleeping)

Time 7:00 AM

Date December 5, 2021

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 7:05 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 75 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes

Temperature 76 F (time of shortness of breath)

Food Yes

Position Sitting (Eating)

Time 12:30 PM

Date December 6, 2021

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 12:40 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 80 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes

Temperature 75 F (time of shortness of breath)

Food No

Position Sitting (Restaurant)

Time 4:30 PM

Date December 16, 2021

Day Thursday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 4:40 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 80 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Temperature 73F (time of shortness of breath)

Food No

Position Sitting (Sofa)

Time 4:10 PM

Date December 18, 2021

Day Saturday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze Yes

Nebulize? 4:15 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 75 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? No

Temperature 74 F (time of shortness of breath)

Food No

Position Sleeping

Time 11:50 PM

Date December 20, 2021

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze No

Nebulize? 12:00 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 92 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Temperature 79 F (time of shortness of breath)

Food No

Position Laying (Bed)

Time 11:30 PM

Date December 21, 2021

Day Tuesday

Vitamin C Yes

Vitamin D Yes

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 11:40 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 70 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? No

Temperature 79 F (time of shortness of breath)

Food Yes

Position Sitting (Eating)

Time 6:40 PM

Date December 23, 2021

Day Thursday

Vitamin C Yes

Vitamin D Yes

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 6:50 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 86 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Temperature 84 F (time of shortness of breath)

Food yes

Position Laying (Sleeping)

Time 2:20 AM

Date December 26, 2021

Day Sunday

Vitamin C Yes

Vitamin D Yes

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 2:45 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 96 BPM
Wheezing No
Hours of Sleep Last Night 6
Stressing Event? Yes

Temperature 80 F (time of shortness of breath)
Food No
Position Laying (Bee)
Time 3:30 AM
Date December 29, 2021
Day Wednesday
Vitamin C No
Vitamin D No
Simvastatin No
Fatigue No
Sneeze No
Nebulize? 3:40 AM
Oxygen Level Before 99%
Oxygen Level During Neb 99%
Oxygen Level After Neb 99%
Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 72 BPM
Wheezing No
Hours of Sleep Last Night 6
Stressing Event? Yes

Temperature 76 F (time of shortness of breath)

Food No

Position Laying (Sleeping)

Time 6:30 AM

Date December 30, 2021

Day Thursday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 6:35 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 70 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Temperature 80 F (time of shortness of breath)

Food Yes

Position Laying (Rob's House)

Time 2:20 AM

Date January 1, 2022

Day Saturday

Vitamin C Yes

Vitamin D Yes

Simvastatin No

Fatigue No

Sneeze No

Nebulize? 2:30 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 93 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? No

Location? House (Rob)m

Temperature 76 F (time of shortness of breath)

Food Yes

Position: Laying (Sleeping)

Time 9:00 AM

Date January 2, 2022

Day Sunday

Vitamin C Yes

Vitamin D Yes

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 9:10 AM

Oxygen Level Before 98%

Oxygen Level During Neb 99%
Oxygen Level After Neb 99%
Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 108 BPM
Wheezing No
Hours of Sleep Last Night 6
Stressing Event? No
Location? House (Home)

Temperature 76 F (time of shortness of breath)

Food Yes

Position: Sitting (PC)

Time 4:10 AM

Date January 3, 2022

Day Monday

Vitamin C Yes

Vitamin D Yes

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 4:25 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 96 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? No

Location? House (Home)

Temperature 80 F (time of shortness of breath)

Food No

Position: Laying (Bed)

Time 12:00 PM

Date January 3, 2022

Day Monday

Vitamin C Yes

Vitamin D Yes

Simvastatin No

Fatigue Yes

Sneeze Yes

Nebulize? 12:30 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 78 BPM

Wheezing No

Hours of Sleep Last Night 2

Stressing Event? Yes

Location? House (Home)

Temperature 80 F (time of shortness of breath)

Food Yes

Position: Sitting (PC)

Time 10:00 PM

Date January 3, 2022

Day Monday

Vitamin C No

Vitamin D Yes

Simvastatin No

Fatigue Yes

Sneeze No

Nebulize? 10:10 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 105 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes

Location? House (Home)

Temperature 80 F (time of shortness of breath)

Food Yes

Position: Sitting (PC)

Time 4:10 AM

Date January 4, 2022

Day Tuesday

Vitamin C No

Vitamin D Yes

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 4:30 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 100 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes

Location? House (Home)

Temperature 77 F (time of shortness of breath)

Food No

Position: Sitting (PC)

Time 9:10 PM

Date January 16, 2022

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 9:13 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 70 BPM

Wheezing Yes

Hours of Sleep Last Night 6

Stressing Event? Yes

Location? House (Home)

Temperature 76 F (time of shortness of breath)

Food Yes

Position: Laying (Bed)

Time 2:30 AM

Date March 14, 2022

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 3:00 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 77 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? Yes
Location? House (Home)

Temperature 76 F (time of shortness of breath)

Food Yes

Position Sleeping

Time 4 PM

Date April 3, 2022

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 4:10 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 90 BPM

Wheezing No

Hours of Sleep Last Night 1

Stressing Event? No

Location? House

Temperature 75 F (time of shortness of breath)

Food Yes

Position Sleeping

Time 6:45 PM

Date April 12, 2022

Day Tuesday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue Yes

Sneeze 7:00 PM

Nebulize? 10 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 99 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? Yes

Location? House

Temperature 75 F (time of shortness of breath)

Food Yes

Position Sleeping

Time 6:45 PM

Date April 12, 2022

Day Tuesday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue Yes

Sneeze 7:00 PM

Nebulize? 10 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 99 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? Yes

Location? House

Temperature 80F (time of shortness of breath)

Food No

Position Sitting

Time 10:00 AM

Date April 14, 2022

Day Thursday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze Yes

Nebulize? 10:10 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 80 BPM
Wheezing No
Hours of Sleep Last Night 8
Stressing Event? Yes

Temperature 77 F (time of shortness of breath)

Food No
Position Laying (Movie)
Time 2:50 PM
Date April 15, 2022

Day Friday
Vitamin C Yes
Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 3:05 PM

Oxygen Level Before 99%
Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 70 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? House

Temperature 76 F (time of shortness of breath)

Food Yes

Position Laying (Sleeping)

Time 6:20 PM

Date April 16, 2022

Day Saturday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze No

Nebulize? 6:35 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 88 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? House

Temperature 75 F (time of shortness of breath)

Food No

Position Sleeping

Time 4:20 PM

Date May 14, 2022

Day Saturday

Vitamin C No

Vitamin D Yes

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 4:40 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 80 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 81 F (time of shortness of breath)

Food No

Position Sleeping

Time 1:50 PM

Date May 15, 2022

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue Yes

Sneeze No

Nebulize? 2:05 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 78 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 77 F (time of shortness of breath)

Food Yes

Position Sleeping

Time 4:45 PM

Date June 19, 2022

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 4:50 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 105 BPM

Wheezing No

Hours of Sleep Last Night 1

Stressing Event? Yes

Location? House

Temperature 70 F (time of shortness of breath)

Food Yes

Position Sitting (PC)

Time 8:40 PM

Date August 1, 2022

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 8:55 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 70 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? No

Location? House

Temperature 75 F (time of shortness of breath)

Food No

Position Bed (Sleeping)

Time 9:00 AM

Date August 4, 2022

Day Thursday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 9:20 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 70 BPM

Wheezing No

Hours of Sleep Last Night 6

Stressing Event? Yes

Location? House

Temperature 74 F (time of shortness of breath)

Food Yes

Position Standing (Work)

Time 7:30 PM

Date August 5, 2022

Day Friday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 7:50 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 75 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? Work (Amazon)

Temperature 77 F (time of shortness of breath)

Food Yes

Position On my back (Bed)

Time 2:40 AM

Date November 12, 2022

Day Saturday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 3:20 AM

Oxygen Level Before 98%
Oxygen Level During Neb 98%
Oxygen Level After Neb 98%
Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 100 BPM
Wheezing No
Hours of Sleep Last Night 7
Stressing Event? Yes
Location? House

Temperature 73 F (time of shortness of breath)

Food No
Position Laying (Sleeping)

Time 8:40 AM
Date December 17, 2022

Day Saturday
Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 9:10 AM

Oxygen Level Before 98%
Oxygen Level During Neb 98%
Oxygen Level After Neb 98%
Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 91 BPM

Wheezing No

Hours of Sleep Last Night 0

Stressing Event? Yes

Location? House

Temperature 72 F (time of shortness of breath)

Food No

Position Sleeping

Time 12:30 PM

Date December 22, 2022

Day Thursday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 12:31 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 92 BPM

Wheezing No

Hours of Sleep Last Night 0

Stressing Event? No

Location? House

Temperature 73 F (time of shortness of breath)

Food Yes
Position Sitting

Time 9:00 PM

Date December 31, 2022

Day Saturday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 9:55 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 85 BPM

Wheezing No

Hours of Sleep Last Night 6

Stressing Event? Yes

Location? House

Temperature 73 F (time of shortness of breath)

Food No

Position Sitting

Time 1:00 PM

Date January 13, 2023

Day Friday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze Yes

Nebulize? 1:30 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 80 BPM

Wheezing Yes

Hours of Sleep Last Night 6

Stressing Event? No

Location? House

Temperature 72 F (time of shortness of breath)

Food Yes

Position Sleeping (Bed)

Time 4:40 PM

Date February 26, 2023

Day Sunday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 4:50 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 90 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? No

Location? House

Temperature 70 F (time of shortness of breath)

Food No

Position Shower

Time 10:30 PM

Date March 1, 2023

Day Wednesday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze No

Nebulize? 10:45 PM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 100 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 74 F (time of shortness of breath)

Food No

Position Laying (Bed)

Time 12:00 AM

Date March 4, 2023

Day Saturday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 12:45 AM

Oxygen Level Before 98%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 100 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 72 F (time of shortness of breath)

Food No

Position Sitting (PC)

Time 1:00 AM

Date March 5, 2023

Day Sunday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 1:55 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 85 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? No

Location? House

Temperature 73 F (time of shortness of breath)

Food No

Position Sitting (PC)

Time 12:00 AM

Date March 6, 2023

Day Monday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 1:20 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 80 BPM

Wheezing No

Hours of Sleep Last Night 3

Stressing Event? Yes

Location? House

Temperature 73 F (time of shortness of breath)

Food Yes

Position Laying (Bed)

Time 6:00 PM

Date March 6, 2023

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze Yes

Nebulize? 8:00 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 85 BPM

Wheezing Yes

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? House

Temperature 73 F (time of shortness of breath)

Food Yes

Position Sitting (PC)

Time 7:00 PM

Date March 7, 2023

Day Tuesday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze Yes

Nebulize? 10:35 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 95 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? House

Temperature 73 F (time of shortness of breath)

Food No

Position Laying (Sleeping)

Time 7:30 AM

Date April 30, 2023

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 7:45 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 90 BPM

Wheezing No

Hours of Sleep Last Night 3

Stressing Event? Yes

Location? House

Temperature 75 F (time of shortness of breath)

Food Yes

Position Sitting (Bed)

Time 8:30 PM

Date May 1, 2023

Day Monday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 9:20 PM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 90 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? Yes

Location? House

Temperature 68 F (time of shortness of breath)

Food Yes

Position Sitting (PC)

Time 4:50 AM

Date May 3, 2023

Day Wednesday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze No

Nebulize? 5:00 AM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 105 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? House

Temperature 72 F (time of shortness of breath)

Food No

Position Laying (Sleeping)

Time 3:40 PM

Date May 4, 2023

Day Thursday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 4:05 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 85 BPM
Wheezing No
Hours of Sleep Last Night 5
Stressing Event? Yes
Location? House

Temperature 72 F (time of shortness of breath)

Food No
Position Sleeping (Bed)

Time 12PM
Date May 12, 2023

Day Friday
Vitamin C Yes

Vitamin D Yes

Simvastatin Yes

Fatigue No

Sneeze Yes

Nebulize? 5:06 PM

Oxygen Level Before 98%
Oxygen Level During Neb 98%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes
ECG Result Sinus Rhythm

Heart Rate 85 BPM

Wheezing No
Hours of Sleep Last Night 7
Stressing Event? No

Location? House

Temperature 70 F (time of shortness of breath)

Food Yes

Position Standing (Shower)

Time 7:45 AM

Date May 13, 2013

Day Saturday

Vitamin C Yes

Vitamin D Yes

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 8:20 AM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 105 BPM

Wheezing No

Hours of Sleep Last Night 7

Stressing Event? No

Location? House

Temperature 71 F (time of shortness of breath)

Food No

Position Sleeping (Bed)

Time 4:15 PM

Date May 13, 2023

Day Saturday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 4:40 PM

Oxygen Level Before 99%

Oxygen Level During Neb 99%

Oxygen Level After Neb 99%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 90 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? No

Location? House

Temperature 72 F (time of shortness of breath)

Food No

Position Standing

Time 6:40 AM

Date May 14, 2023

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 7:40 AM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 90 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? No

Location? House

Temperature 72 F (time of shortness of breath)

Food Yes

Position Sitting (Bed)

Time 10:10 AM

Date May 14, 2023

Day Sunday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 10:40 AM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 100 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? Yes

Location? House

Temperature 73 F (time of shortness of breath)

Food Yes

Position Sitting (Bed)

Time 3:00 AM

Date May 15, 2023

Day Monday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 3:30 AM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 108 BPM

Wheezing No

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? House

Temperature 80 F (time of shortness of breath)

Food No

Position Sleeping (Bed)

Time 12:30 PM

Date May 15, 2023

Day Monday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 12:50 PM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 100 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 72 F (time of shortness of breath)

Food Yes

Position Sitting (PC)

Time 11:00 AM

Date May 16, 2023

Day Tuesday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue Yes

Sneeze Yes

Nebulize? 11:40 AM

Oxygen Level Before 97%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 100 BPM

Wheezing Yes

Hours of Sleep Last Night 8

Stressing Event? Yes

Location? House

Temperature 79 F (time of shortness of breath)

Food No

Position Sleeping

Time 9:30 AM

Date May 25, 2023

Day Thursday

Vitamin C Yes

Vitamin D No

Simvastatin Yes

Fatigue No

Sneeze No

Nebulize? 10:35 AM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 100 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Even

Temperature 68 F (time of shortness of breath)

Food Yes

Position Sitting

Time 2:30 AM

Date October 22, 2023

Day Sunday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue Yes

Sneeze No

Nebulize? 2:55 AM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 111 BPM

Wheezing Yes

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 73 F (time of shortness of breath)

Food Yes

Position Laying (Bed)

Time 8 PM

Date May 7, 2024

Day Wednesday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze No

Nebulize? 10 PM

Oxygen Level Before 96%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 96 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 73 F (time of shortness of breath)

Food Yes

Position Sitting (PC)

Time 5 PM

Date May 8, 2024

Day Wednesday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze No

Nebulize? 10:30 PM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 90 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? Yes

Location? House

Temperature 70 F (time of shortness of breath)

Food No

Position Laying (Bed)

Time 7:00 AM

Date May 10, 2024

Day Friday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue No

Sneeze Yes

Nebulize? 9:30 AM

Oxygen Level Before 98%

Oxygen Level During Neb 98%

Oxygen Level After Neb 98%

Nebulizer Worked? Yes

ECG Result Sinus Rhythm

Heart Rate 85 BPM

Wheezing No

Hours of Sleep Last Night 4

Stressing Event? Yes

Location? House

Temperature 77 F (time of shortness of breath)

Food No

Position Laying (Bed)

Time 6:30 AM

Date June 28, 2024

Day Friday

Vitamin C No

Vitamin D No

Simvastatin No

Fatigue Yes

Sneeze Yes

Nebulize? 6:45 AM

Oxygen Level Before 97%

Oxygen Level During Neb 98%
Oxygen Level After Neb 98%
Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 115 BPM
Wheezing No
Hours of Sleep Last Night 3
Stressing Event? Yes
Location? House
Covid: Yes

Temperature 72 F (time of shortness of breath)

Food No
Position Laying (Bed)

Time 5:40 PM
Date June 28, 2024

Day Friday
Vitamin C No

Vitamin D No
Simvastatin No

Fatigue Yes
Sneeze Yes

Nebulize? 5:05 PM
Oxygen Level Before 99%
Oxygen Level During Neb 99%
Oxygen Level After Neb 99%
Nebulizer Worked? Yes
ECG Result Sinus Rhythm
Heart Rate 77 BPM

Wheezing No

Hours of Sleep Last Night 5

Stressing Event? Yes

Location? House

Covid: Yes