

Health Analysis Report: Hank (Jong-Hyun Lee)

EXECUTIVE SUMMARY

Name: Hank (Jong-Hyun Lee)
Age: 32 years (30-39 bracket)
Gender: Male
Analysis Period: 2022-12-20 to 2025-10-28 (994 days)
Generated: 2025-11-25 16:47

HEALTH SCORES

Overall Score: 78/100 (Moderate)

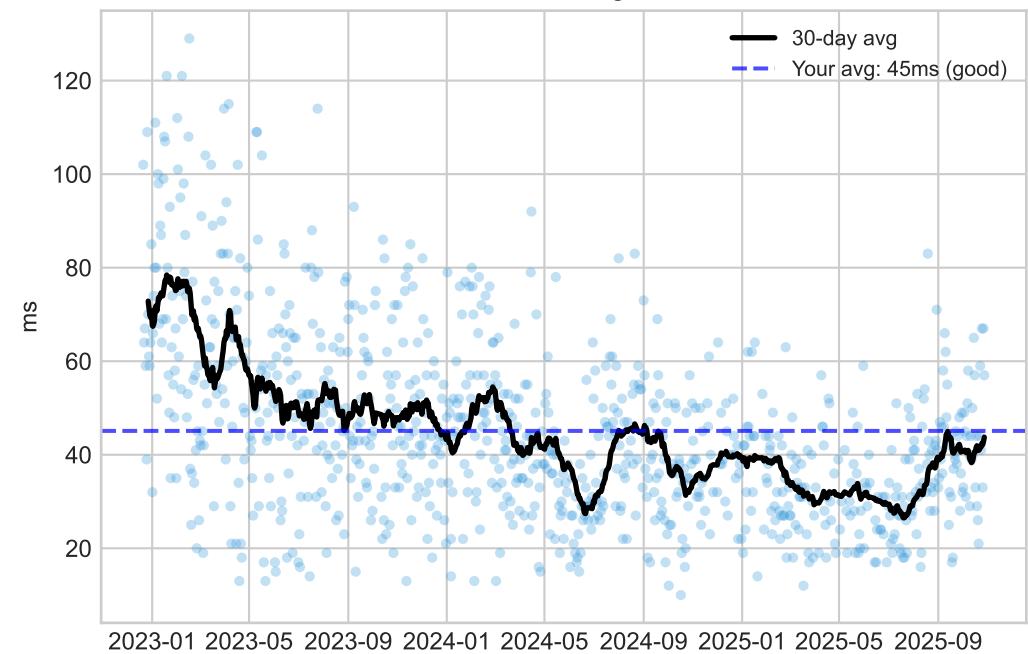
Cardiovascular: 70/100
Respiratory: 90/100
Sleep: 92/100
Recovery: 48/100
Activity: 89/100

TOP RECOMMENDATIONS

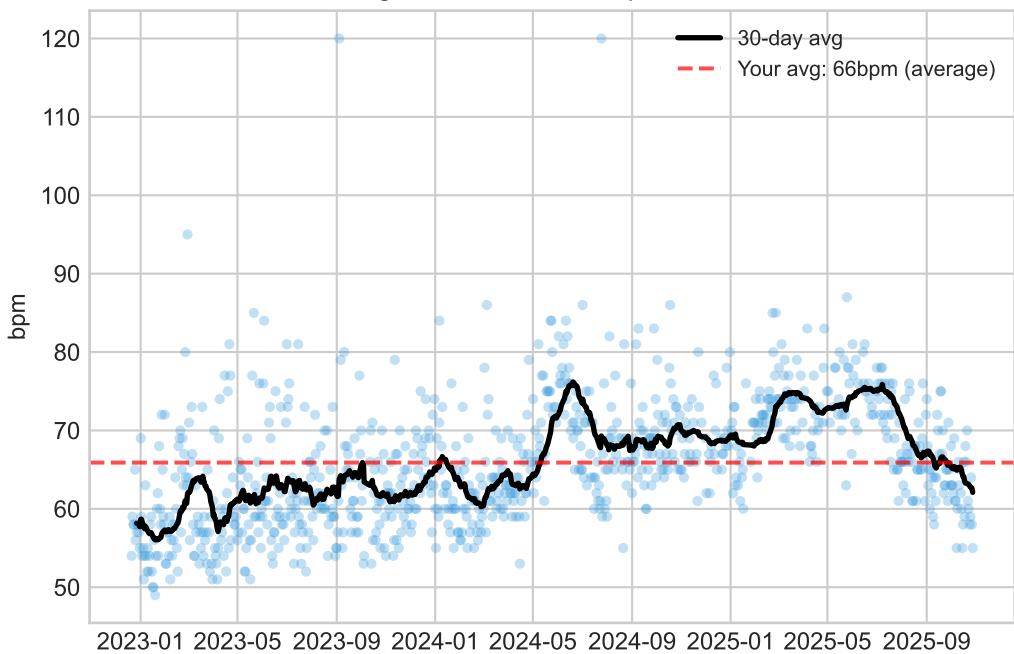
- [HIGH] Respiratory: Screen for sleep apnea. Consider sleep study (polysomnograph...)
- [HIGH] Sleep: Aim for 7-9 hours. Establish consistent sleep/wake times. Cr...
- [HIGH] Sleep Debt: Prioritize sleep extension. Consider 20-min naps if needed. ...

Cardiovascular Health

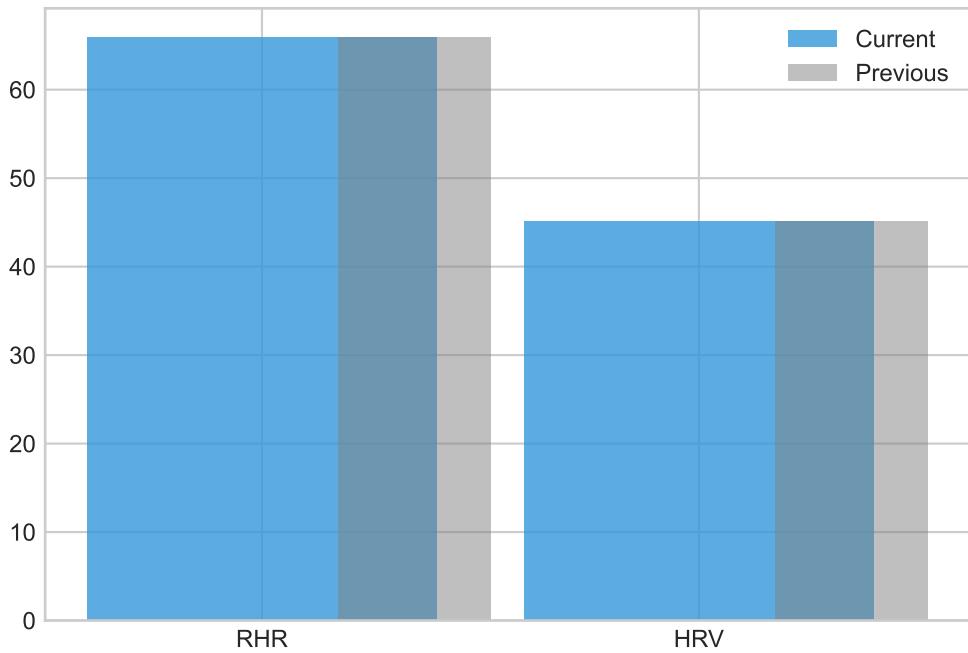
HRV - +0 ms vs age median



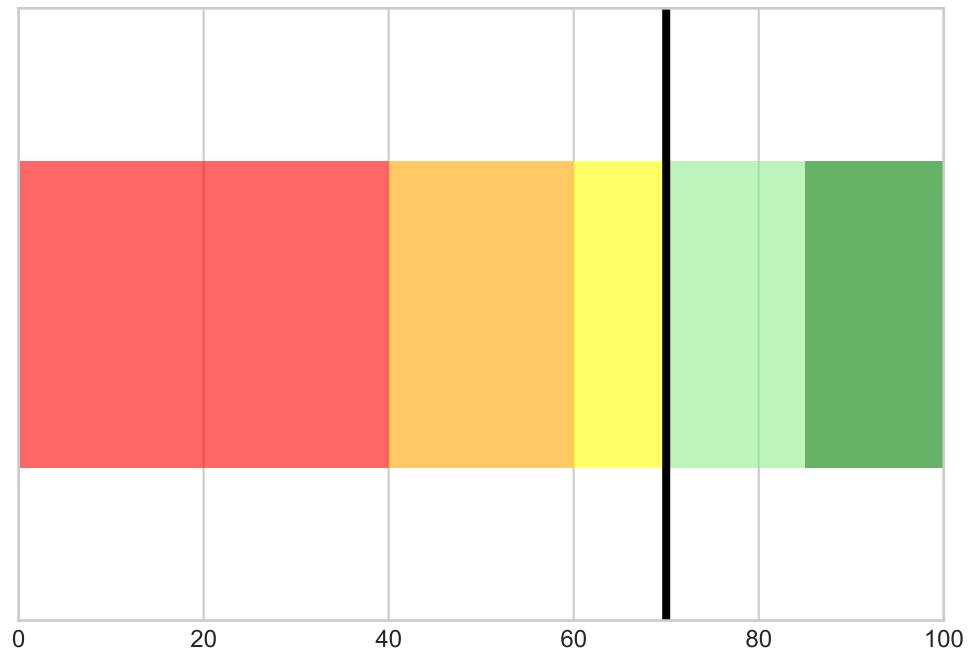
Resting Heart Rate - +4 bpm vs median



Current vs Previous Analysis

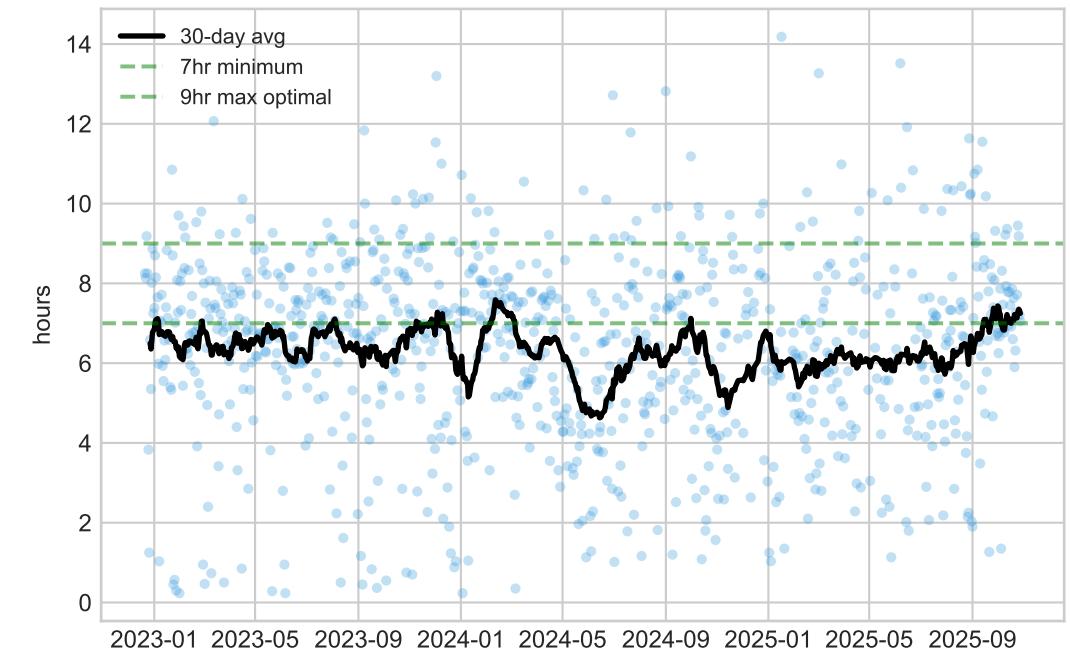


Cardiovascular Score: 70/100

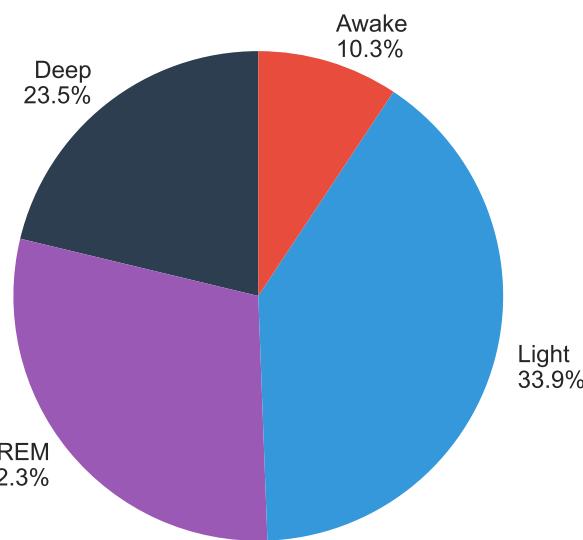


Sleep Health

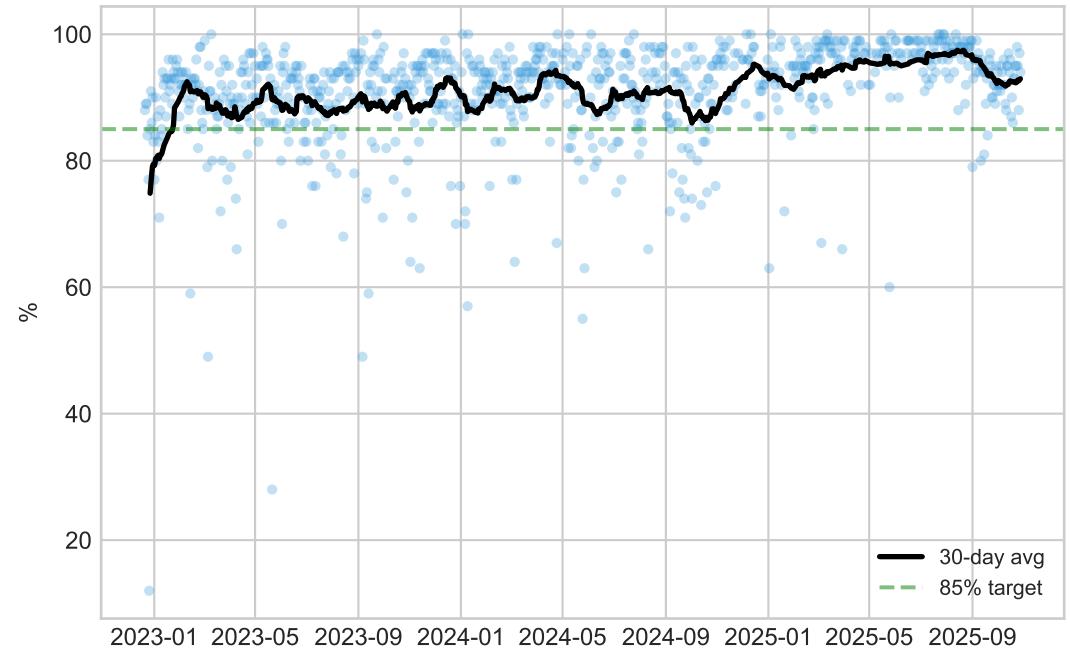
Sleep Duration - Acceptable



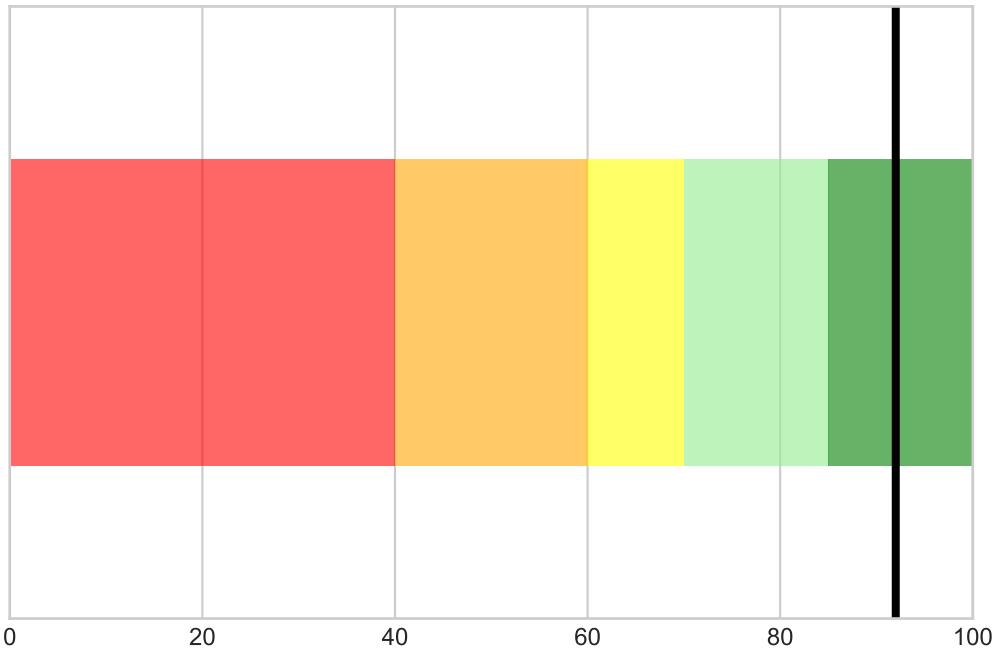
Sleep Architecture



Sleep Efficiency - Avg: 91.0%

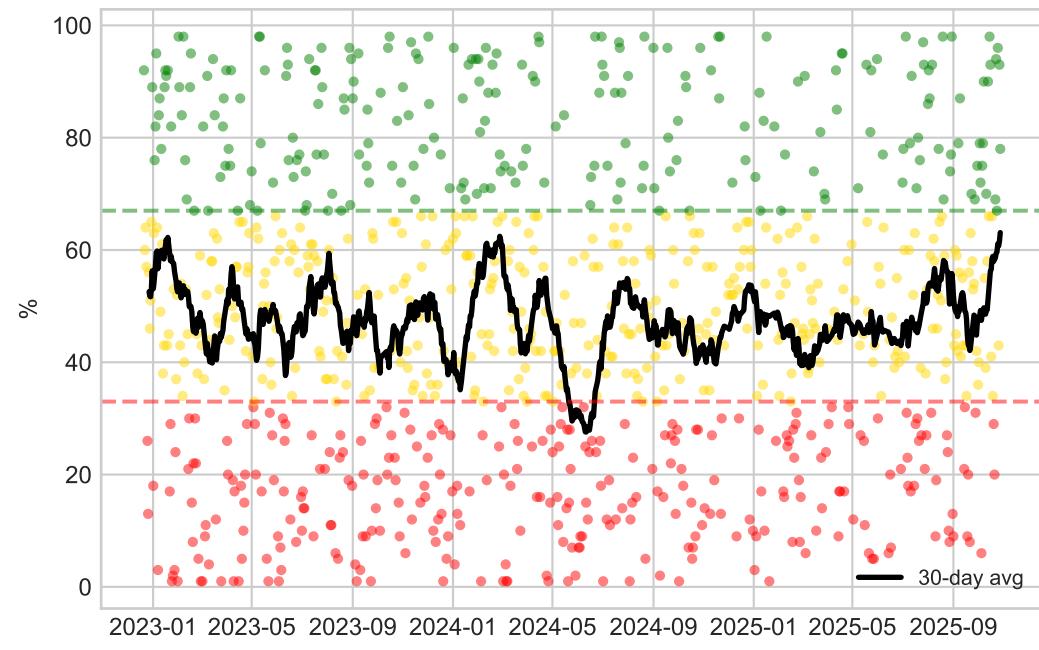


Sleep Score: 92/100

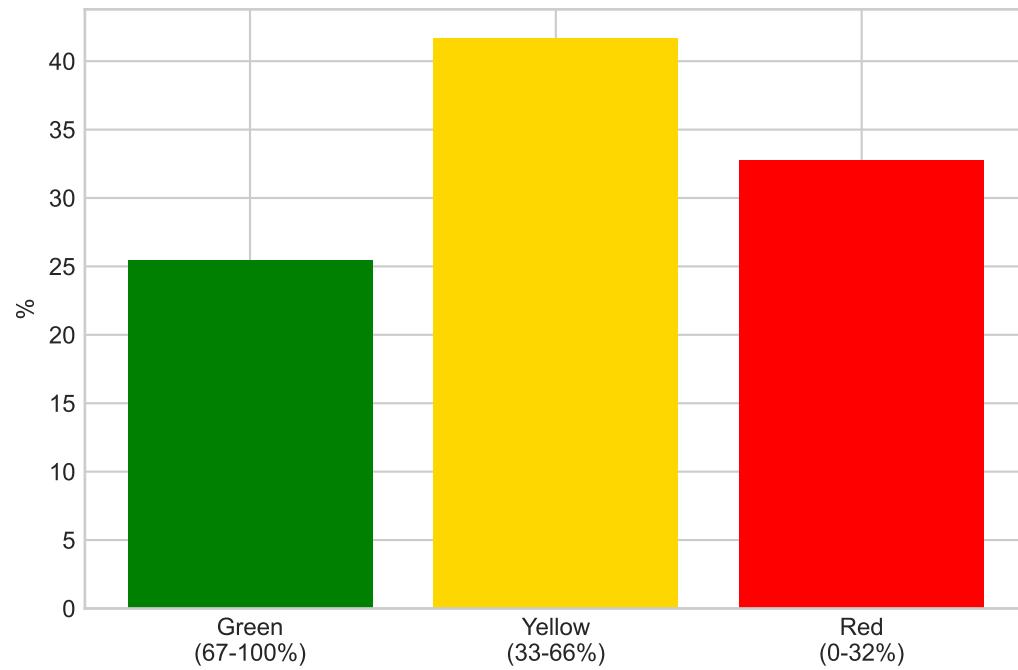


Recovery & Activity

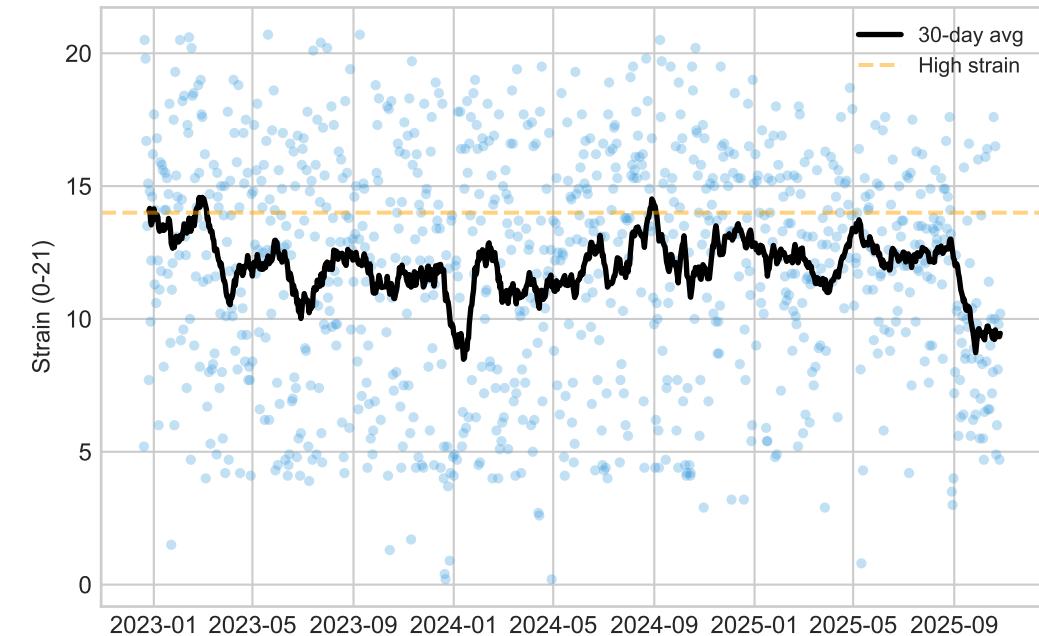
Recovery Score - Avg: 48%



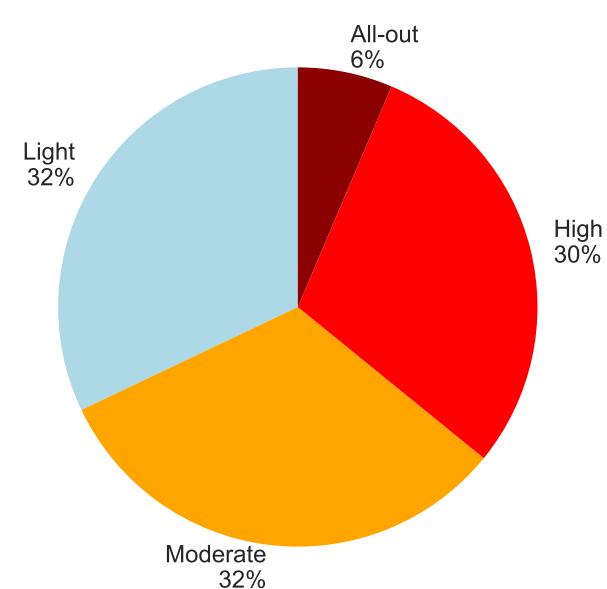
Recovery Distribution



Day Strain - Avg: 11.9

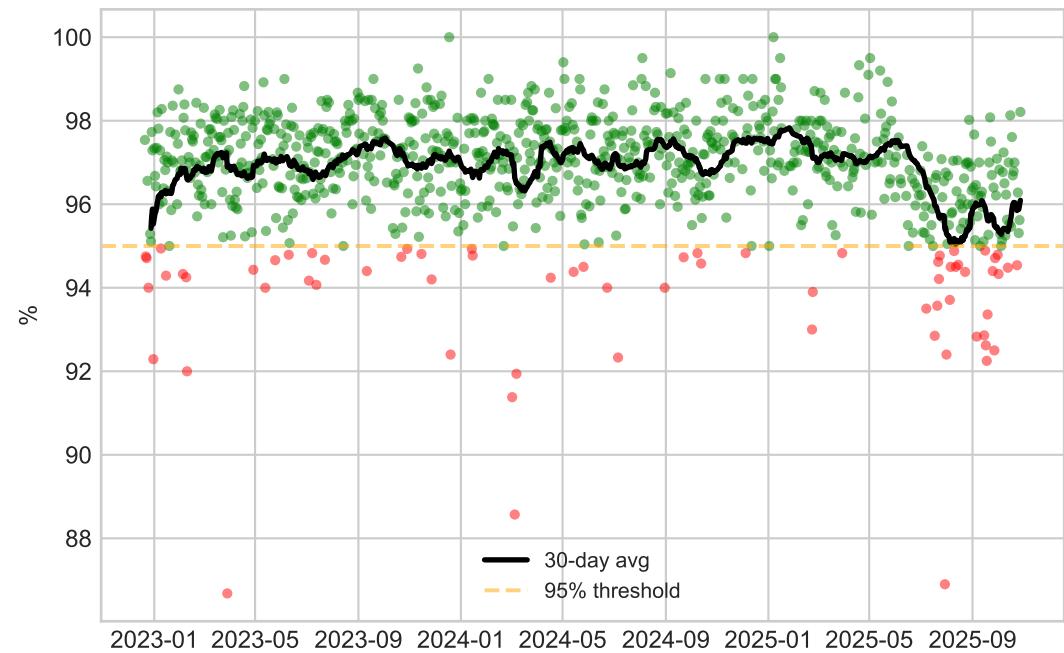


Activity Intensity Mix

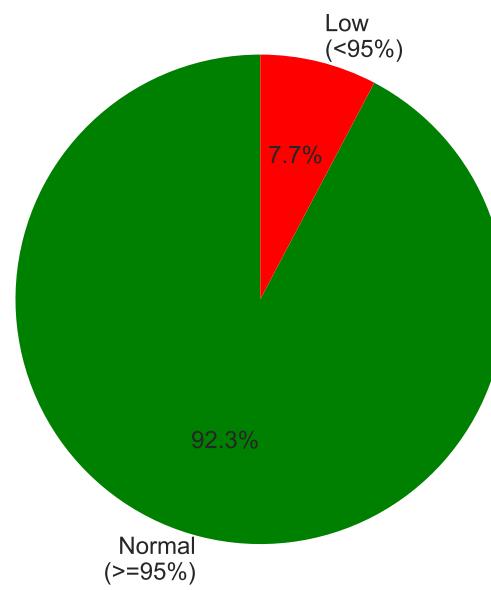


Respiratory Health

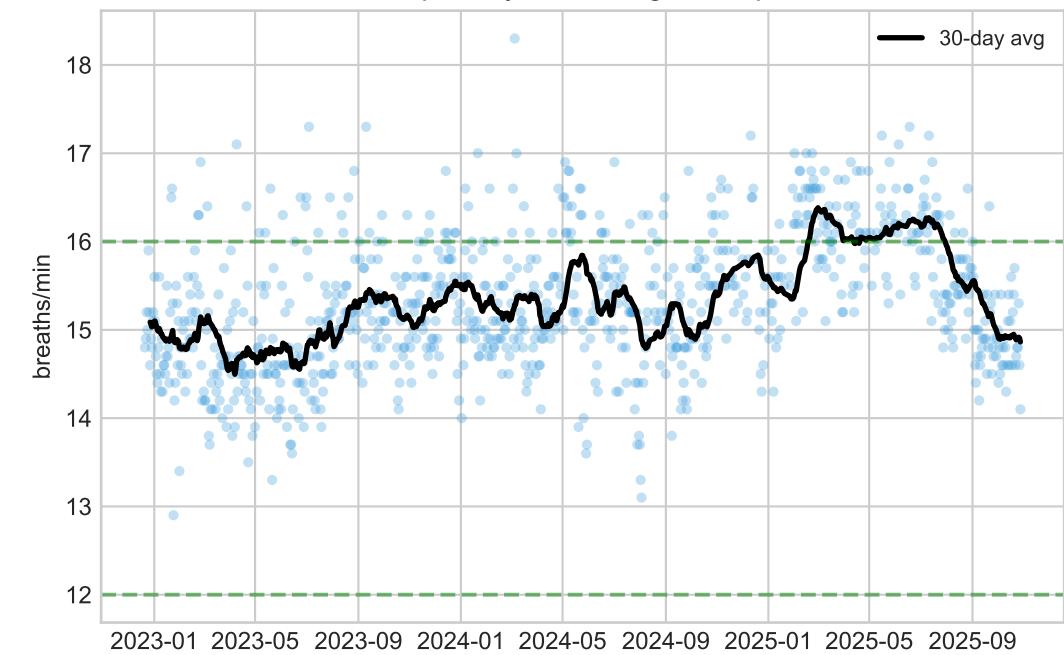
Blood Oxygen (SpO2) - Avg: 96.9%



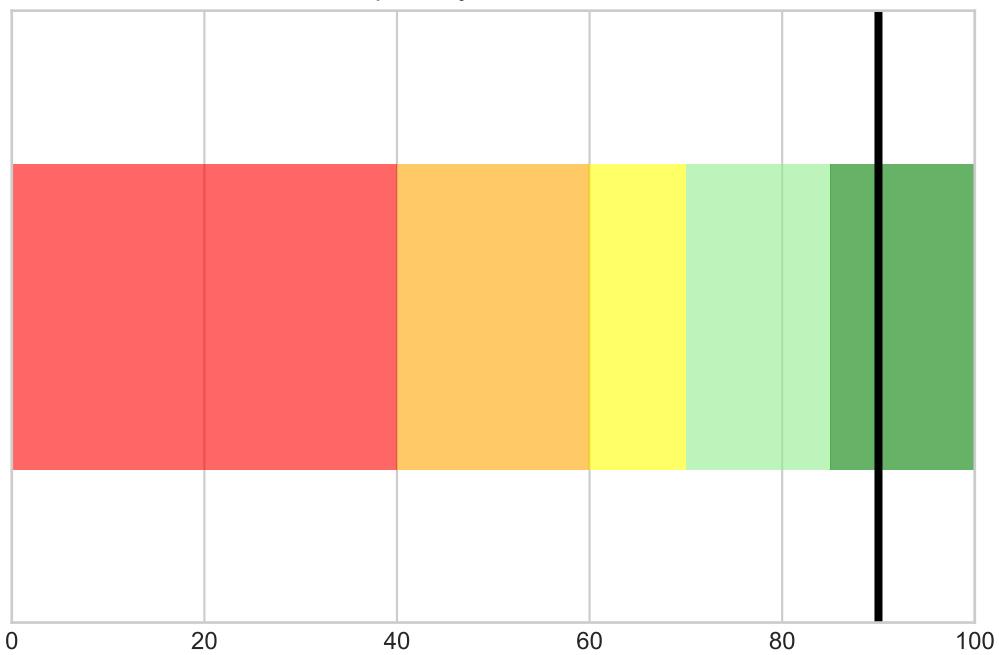
SpO2 Distribution (7.7% low)



Respiratory Rate - Avg: 15.3 rpm

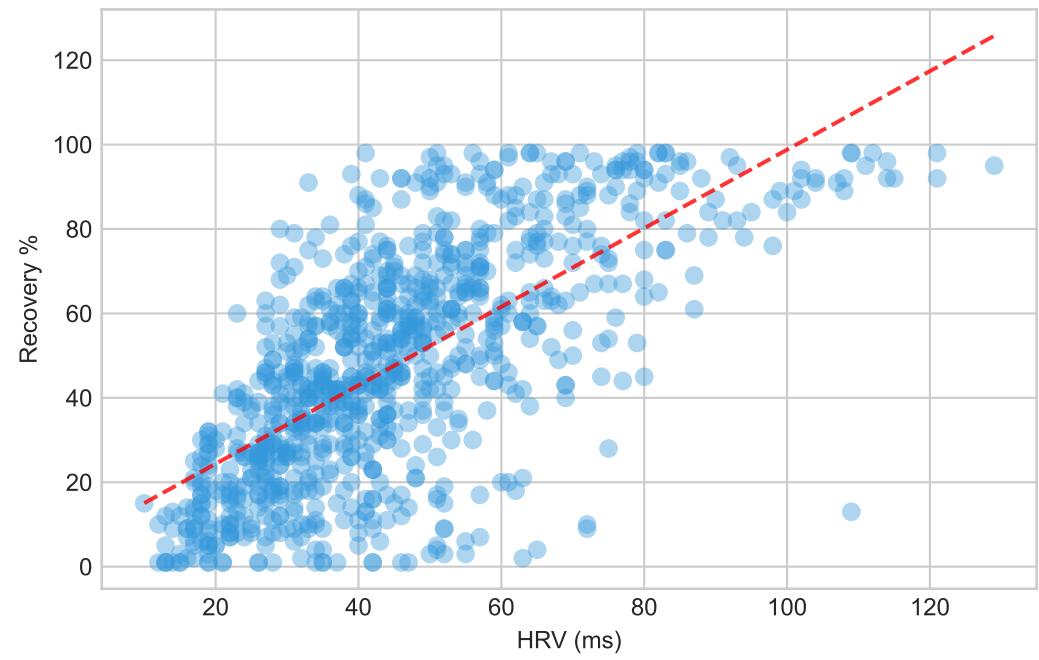


Respiratory Score: 90/100

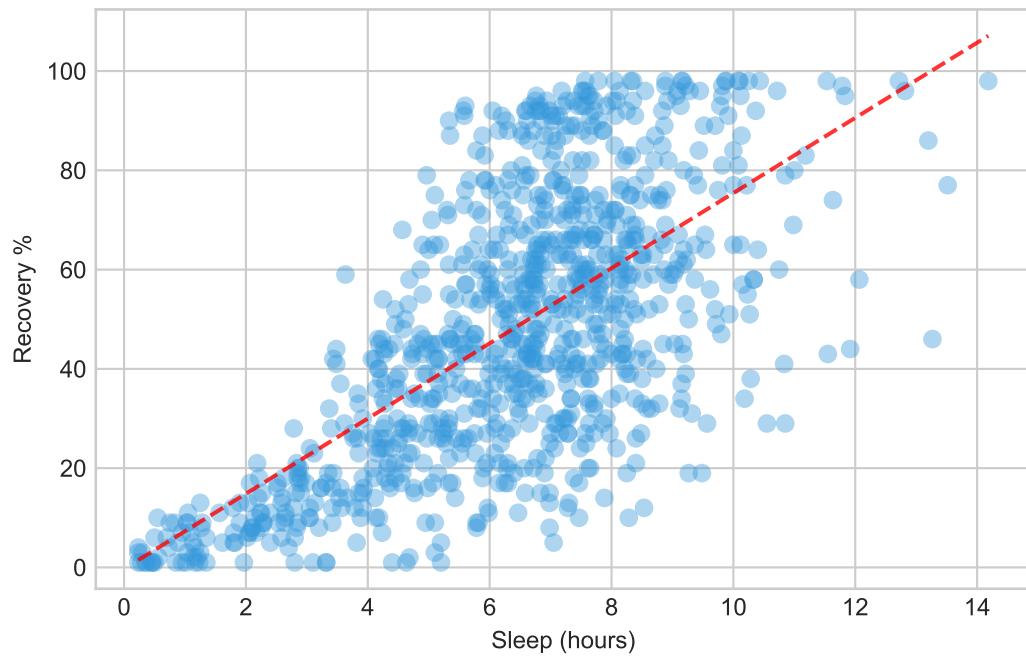


Correlation Analysis

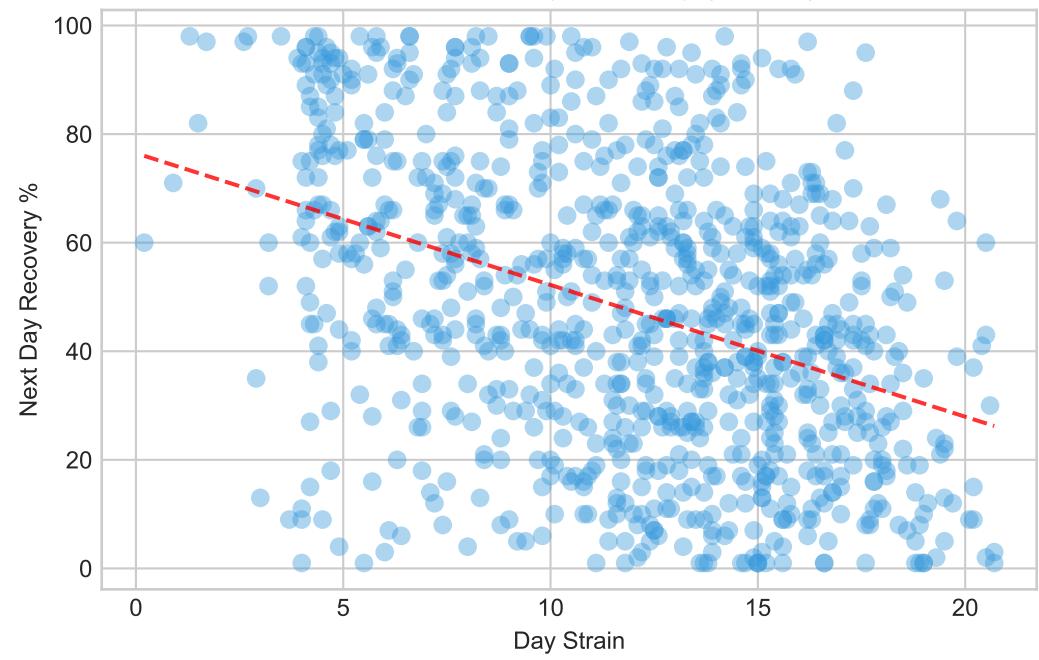
HRV vs Recovery ($r=0.69$)



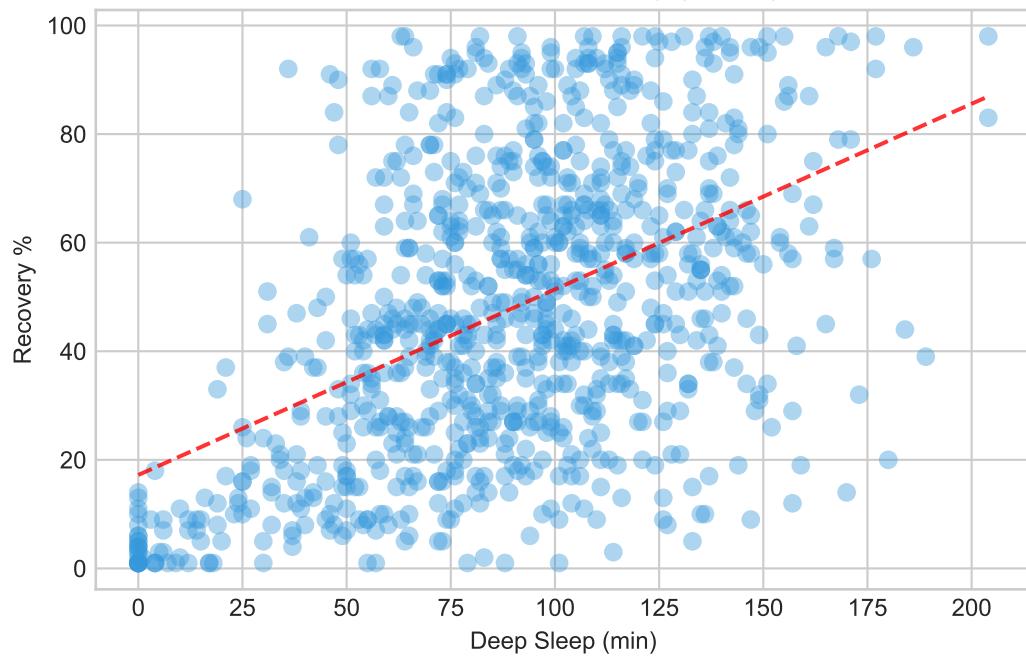
Sleep vs Recovery ($r=0.66$)



Strain vs Next Day Recovery ($r=-0.39$)



Deep Sleep vs Recovery ($r=0.48$)



RECOMMENDATIONS & ALERTS

ACTIVE ALERTS

[WARNING] High proportion of poor recovery days: 32.8%

RECOMMENDATIONS

[HIGH] Respiratory

Finding: 7.7% of nights with SpO₂ < 95%

Action: Screen for sleep apnea. Consider sleep study (polysomnography). Review sleeping position and nasal breathing.

Note: Frequent desaturations during sleep warrant medical evaluation for OSA.

[HIGH] Sleep

Finding: Insufficient sleep duration (6.3 hours avg)

Action: Aim for 7-9 hours. Establish consistent sleep/wake times. Create sleep-conducive environment (dark, cool, quiet).

Note: Chronic sleep deprivation increases risk of obesity, diabetes, and CVD.

[HIGH] Sleep Debt

Finding: Chronic sleep debt (71.0 min average)

Action: Prioritize sleep extension. Consider 20-min naps if needed. Address root causes of sleep restriction.

Note: Sleep debt accumulates and cannot be fully repaid with catch-up nights.

[HIGH] Recovery

Finding: High percentage of poor recovery days (32.8%)

Action: Review training load vs recovery balance. Consider deload weeks. Optimize nutrition, hydration, and stress management.

Note: Chronic under-recovery increases injury risk and may indicate overtraining.

METHODOLOGY & CITATIONS

This analysis uses medical benchmarks from:

- American Heart Association (AHA) 2024: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
- Whoop & Clinical Studies Meta-Analysis 2024
- WHO & CDC Pulse Oximetry Guidelines 2024
- National Sleep Foundation 2024
- Clinical Guidelines (Cleveland Clinic 2024)

For medical decisions, please consult with healthcare providers.