

# Health Analysis Report: Ayae Yoshimoto

## EXECUTIVE SUMMARY

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Name: Ayae Yoshimoto  
Age: 31 years (30-39 bracket)  
Gender: Female  
Analysis Period: 2023-09-29 to 2025-11-28 (228 days)  
Generated: 2025-11-30 22:01

## HEALTH SCORES

Overall Score: 63/100 (Moderate)

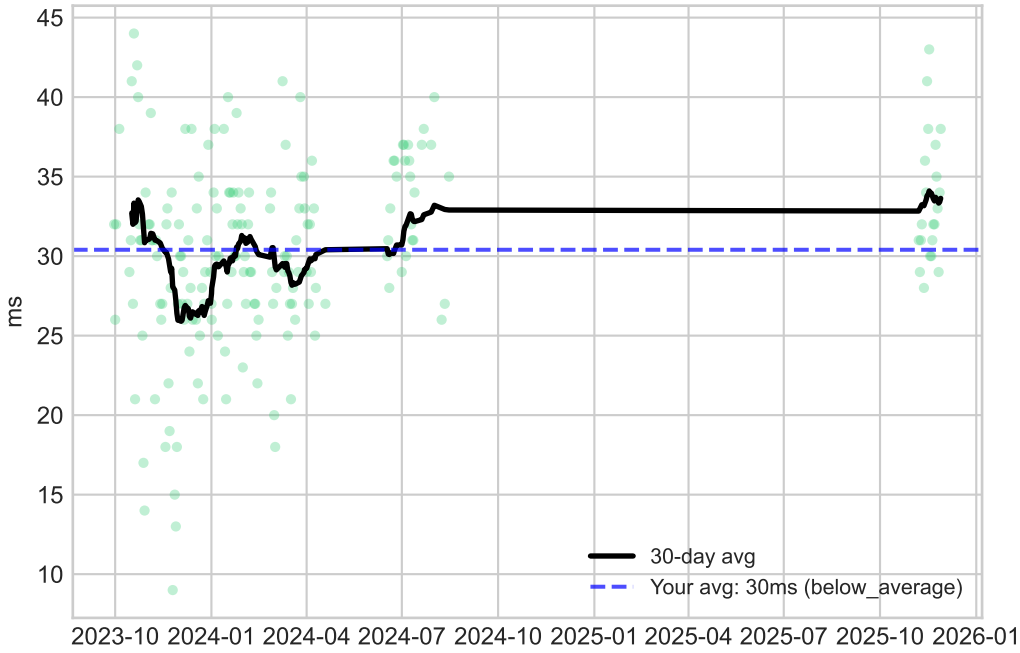
Cardiovascular:	60/100
Respiratory:	50/100
Sleep:	92/100
Recovery:	60/100
Activity:	54/100

## TOP RECOMMENDATIONS

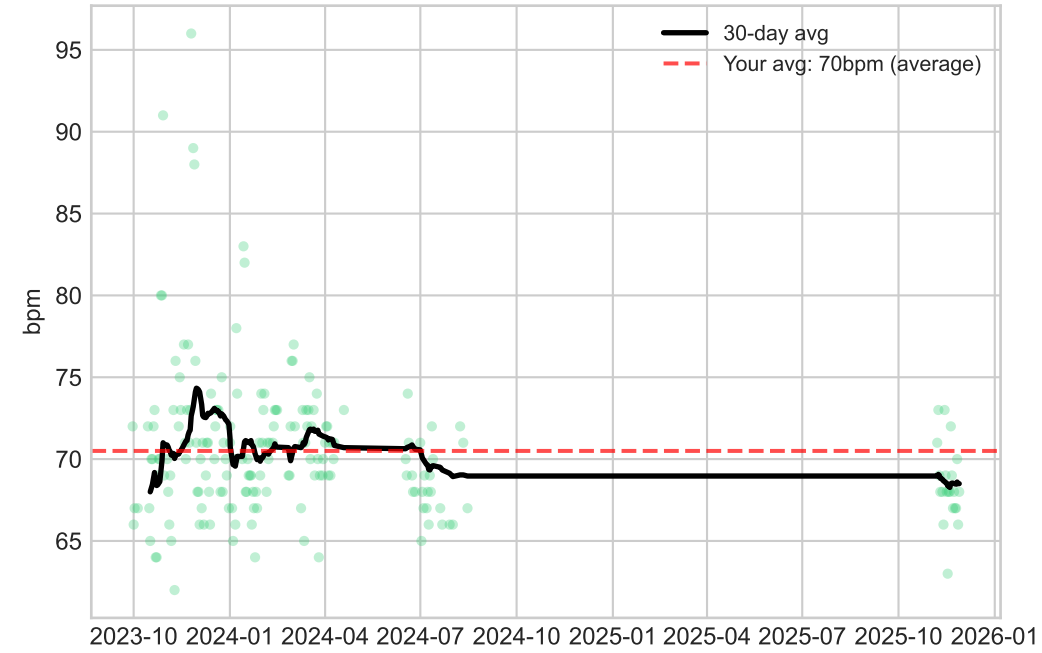
1. [HIGH] Respiratory: Screen for sleep apnea. Consider sleep study (polysomnograph...
2. [HIGH] Sleep: Aim for 7-9 hours. Establish consistent sleep/wake times. Cr...
3. [MEDIUM] Activity: Increase physical activity. Aim for 150 min moderate or 75 m...

# Cardiovascular Health

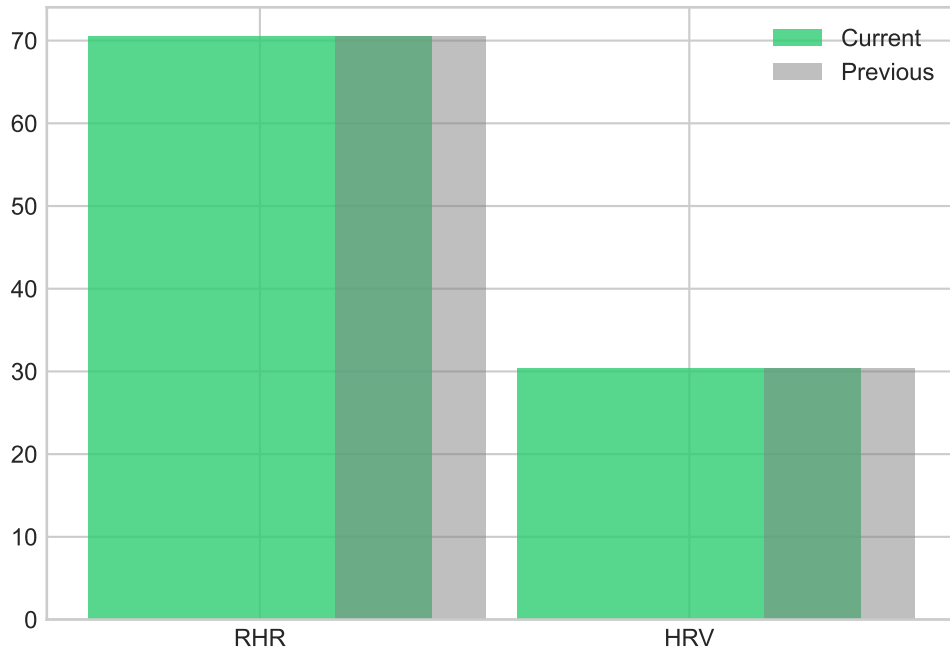
## HRV - -15 ms vs age median



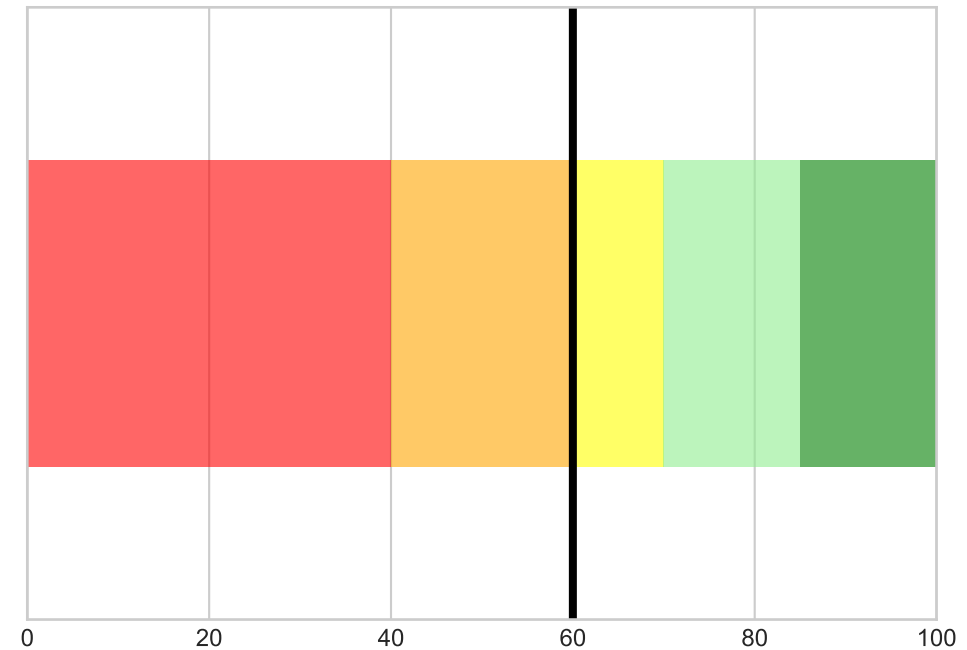
## Resting Heart Rate - +6 bpm vs median



## Current vs Previous Analysis

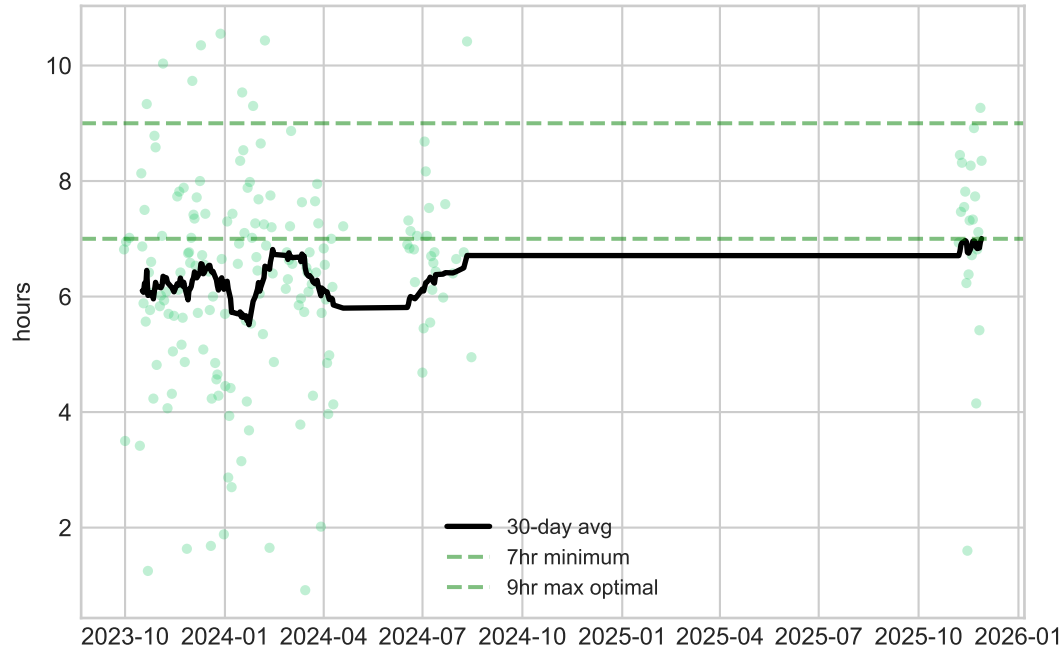


## Cardiovascular Score: 60/100

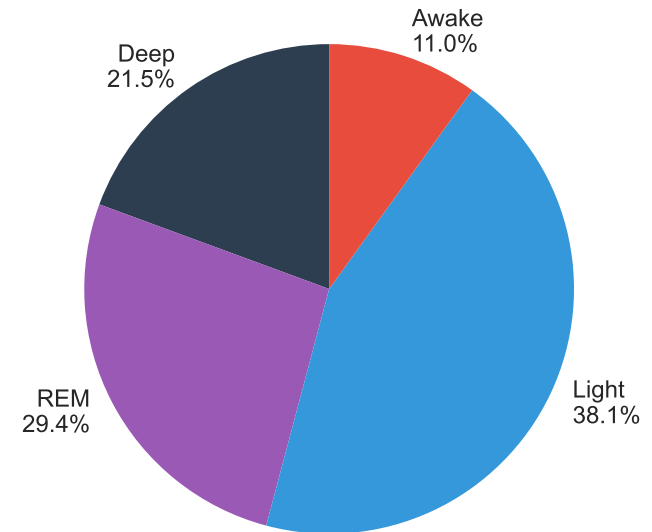


# Sleep Health

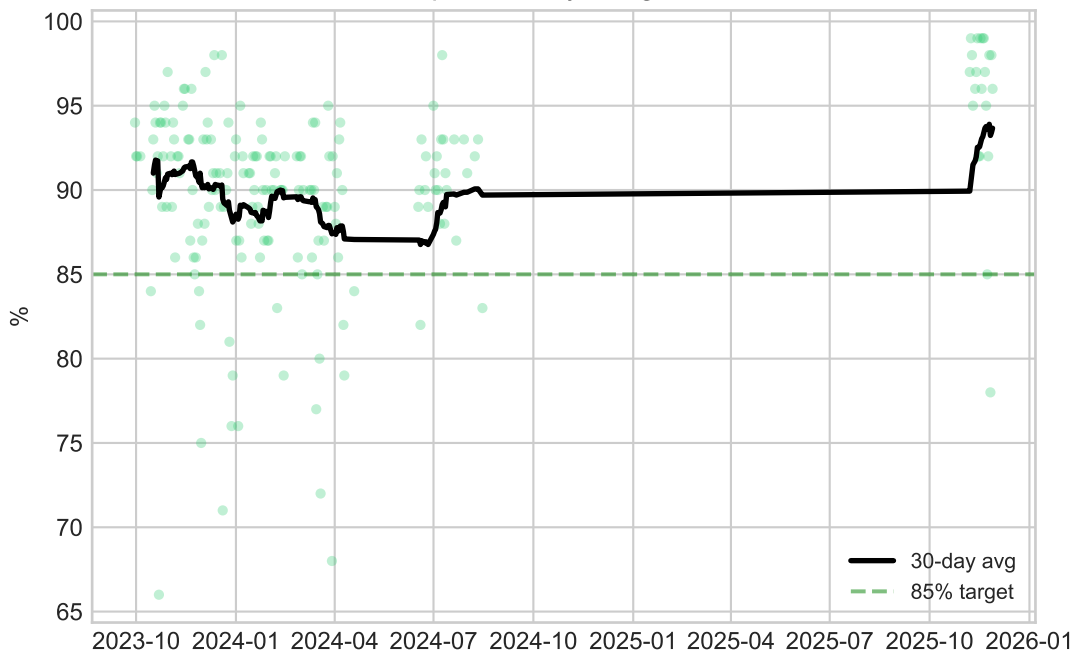
## Sleep Duration - Acceptable



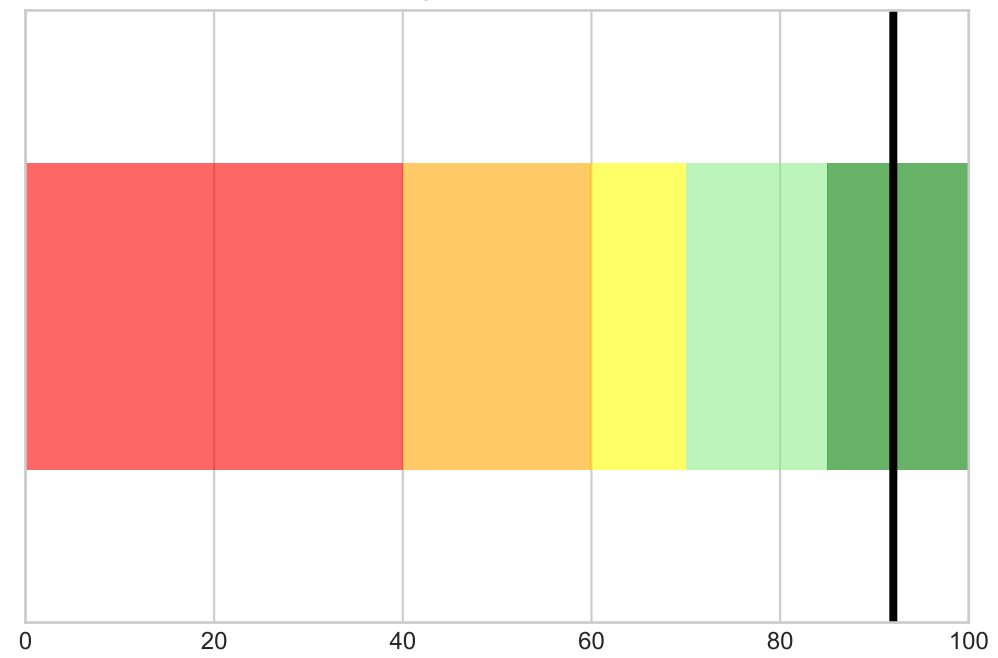
## Sleep Architecture



## Sleep Efficiency - Avg: 90.0%

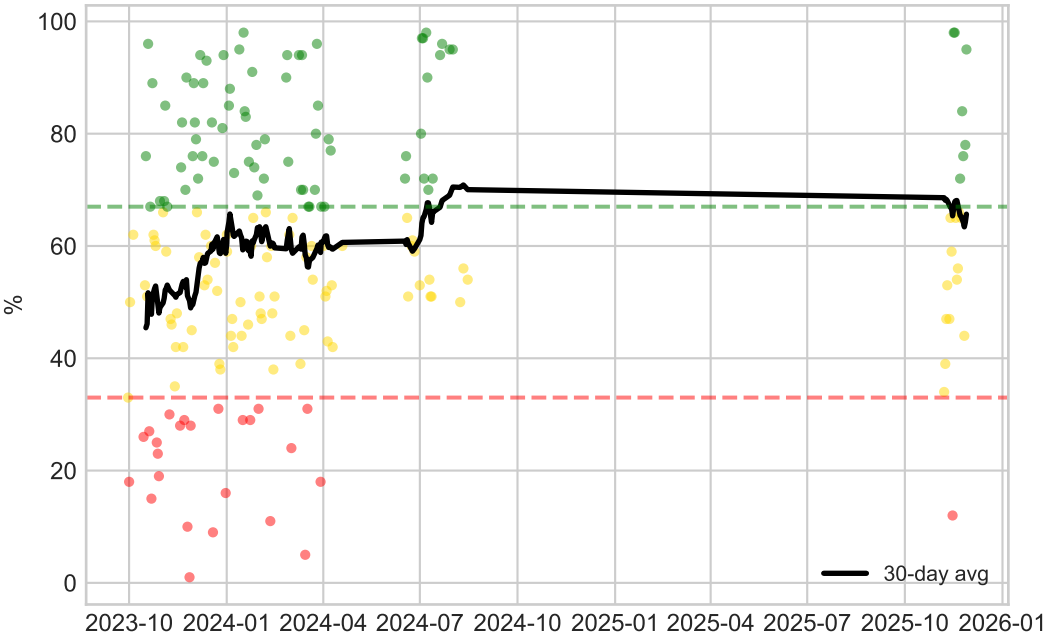


## Sleep Score: 92/100

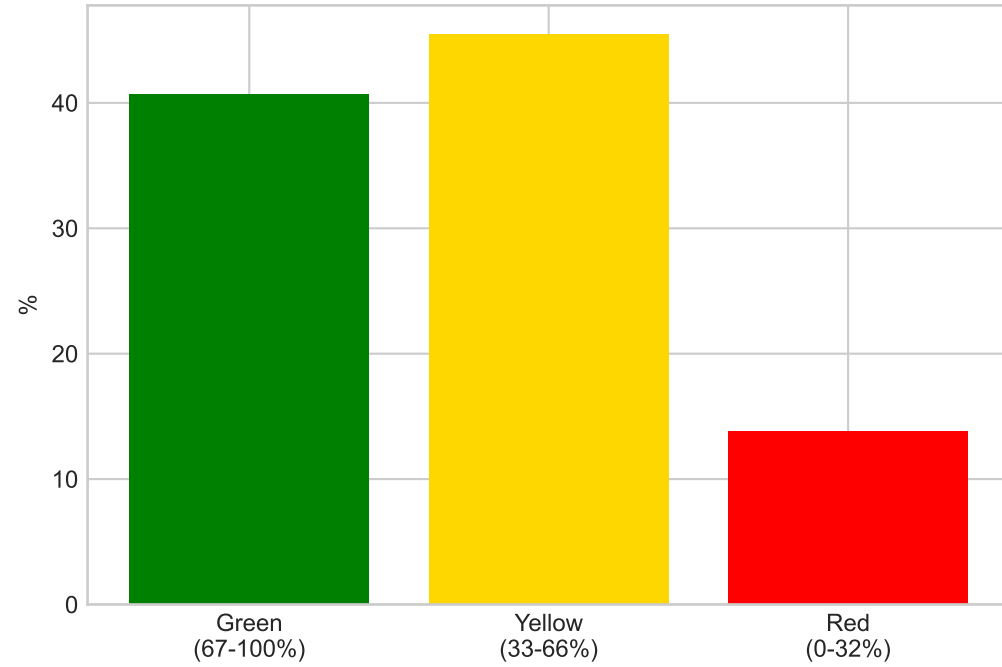


# Recovery & Activity

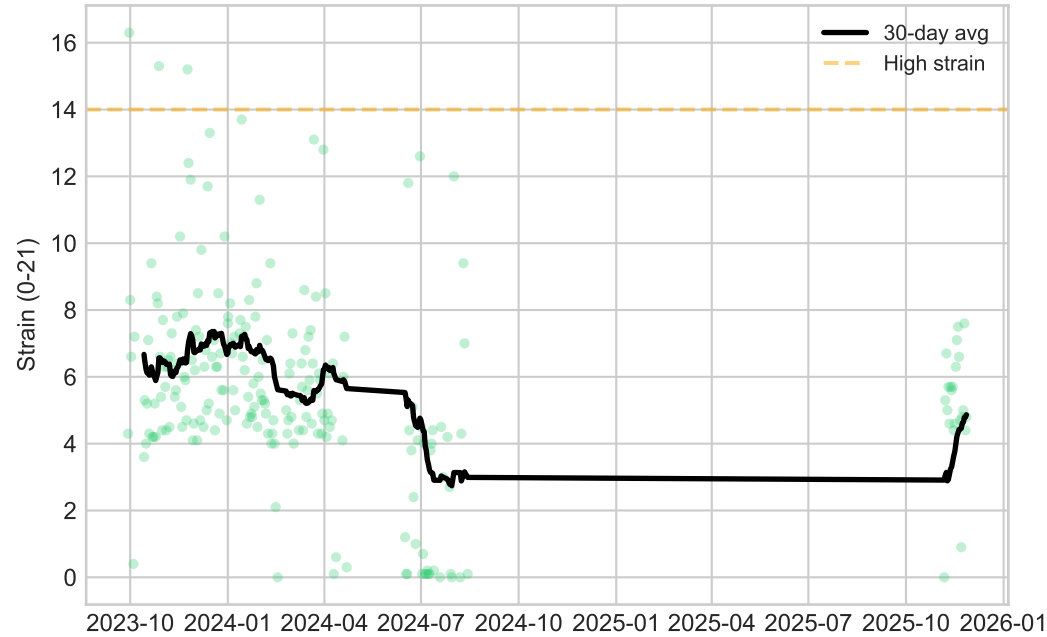
## Recovery Score - Avg: 60%



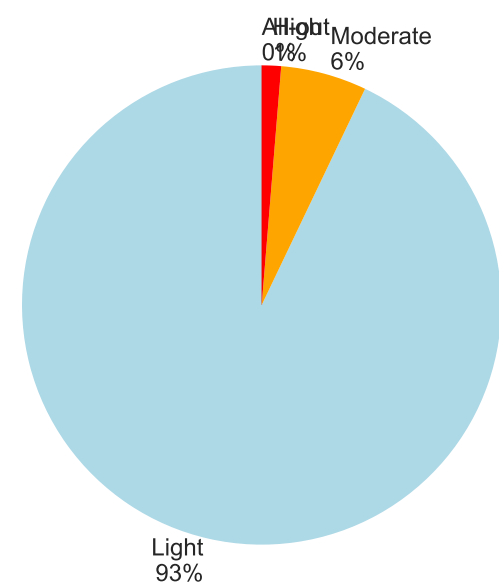
## Recovery Distribution



## Day Strain - Avg: 5.7

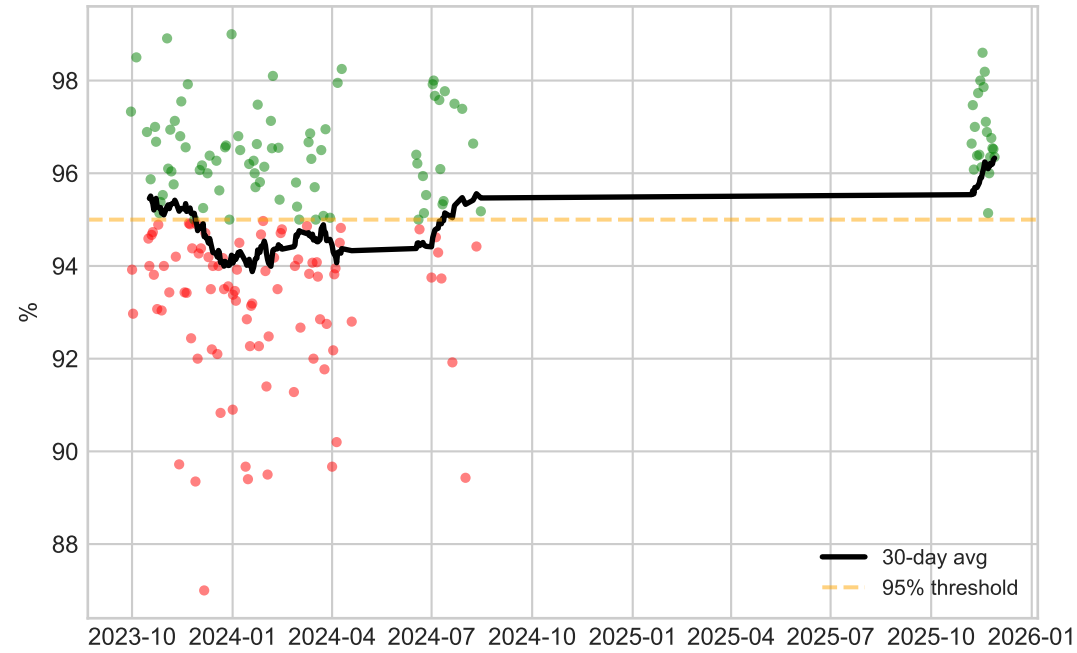


## Activity Intensity Mix

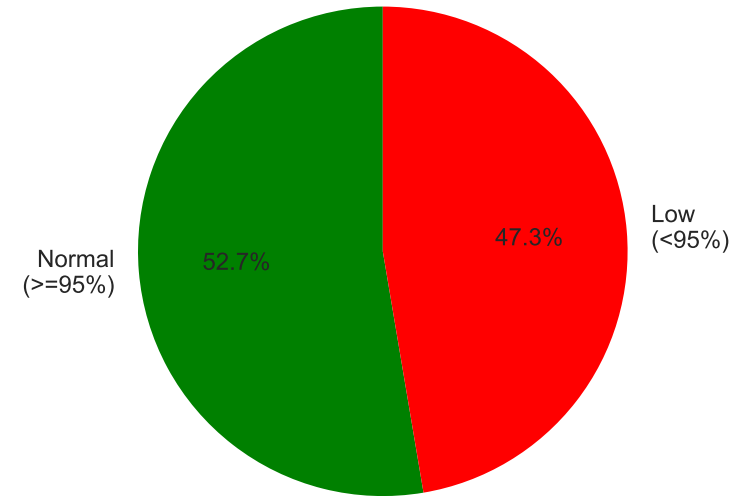


# Respiratory Health

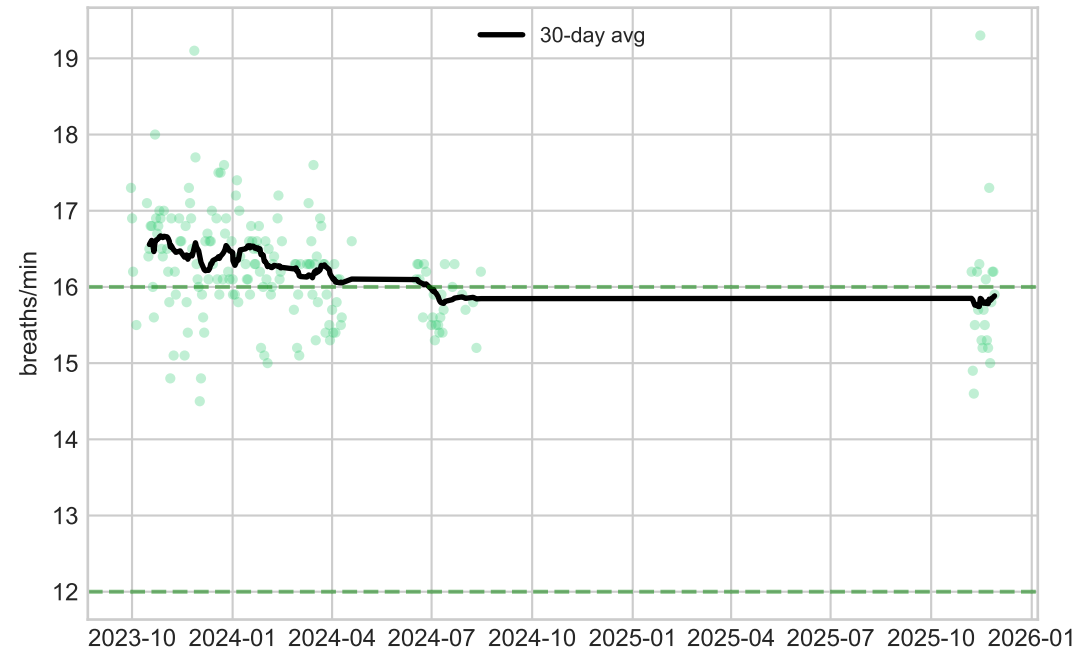
## Blood Oxygen (SpO2) - Avg: 94.9%



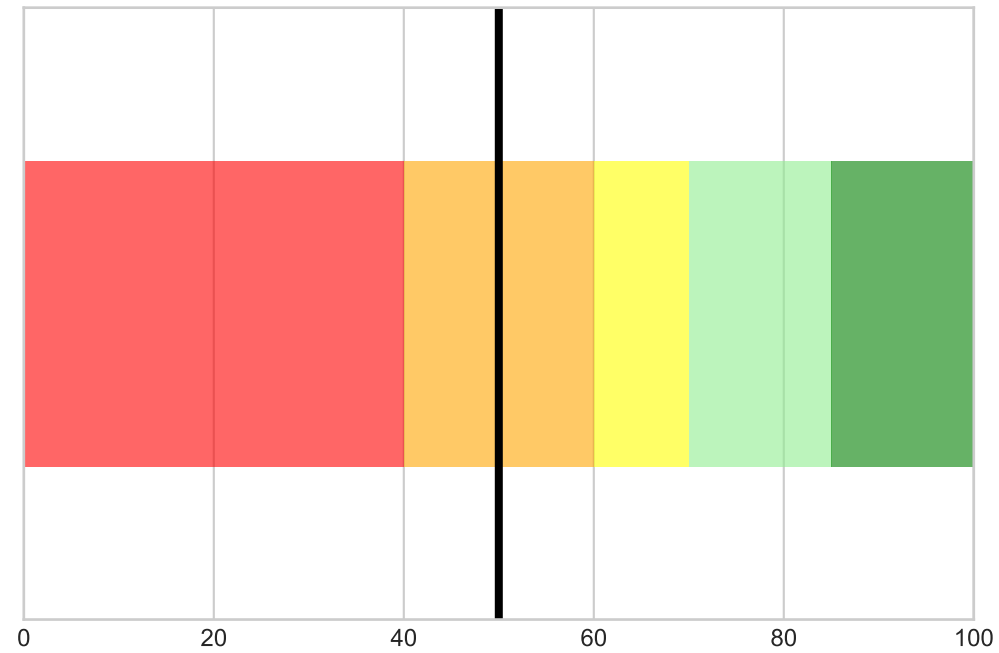
## SpO2 Distribution (47.3% low)



## Respiratory Rate - Avg: 16.2 rpm

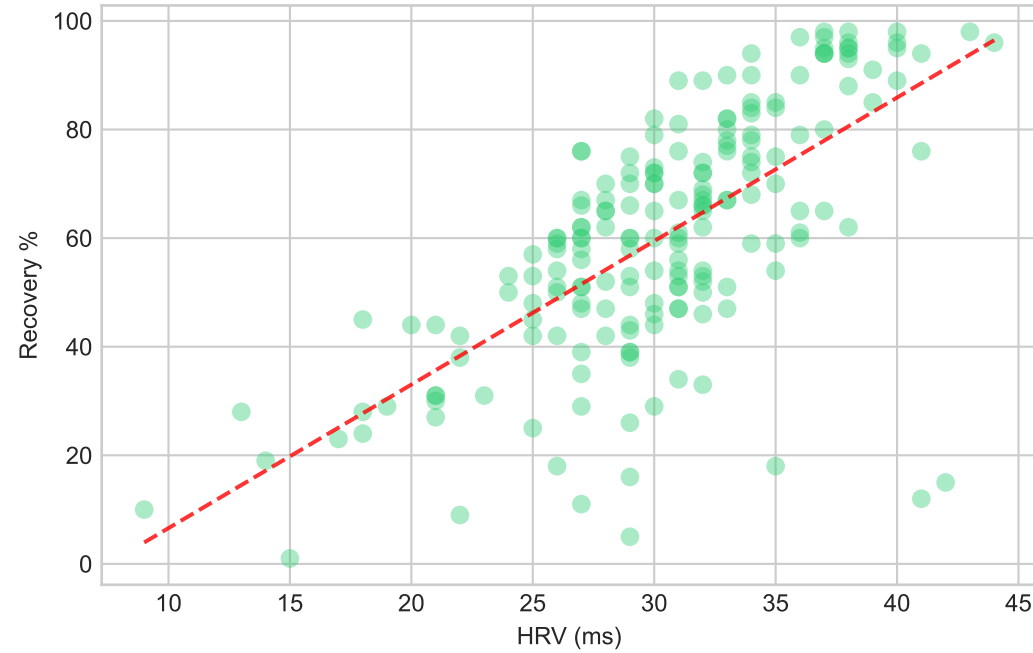


## Respiratory Score: 50/100

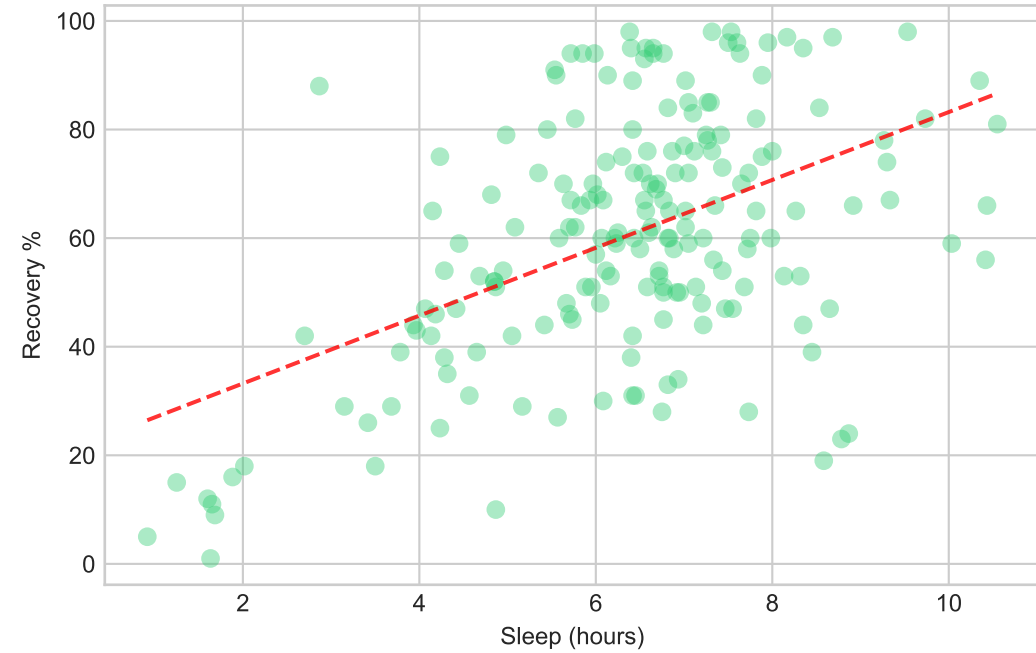


# Correlation Analysis

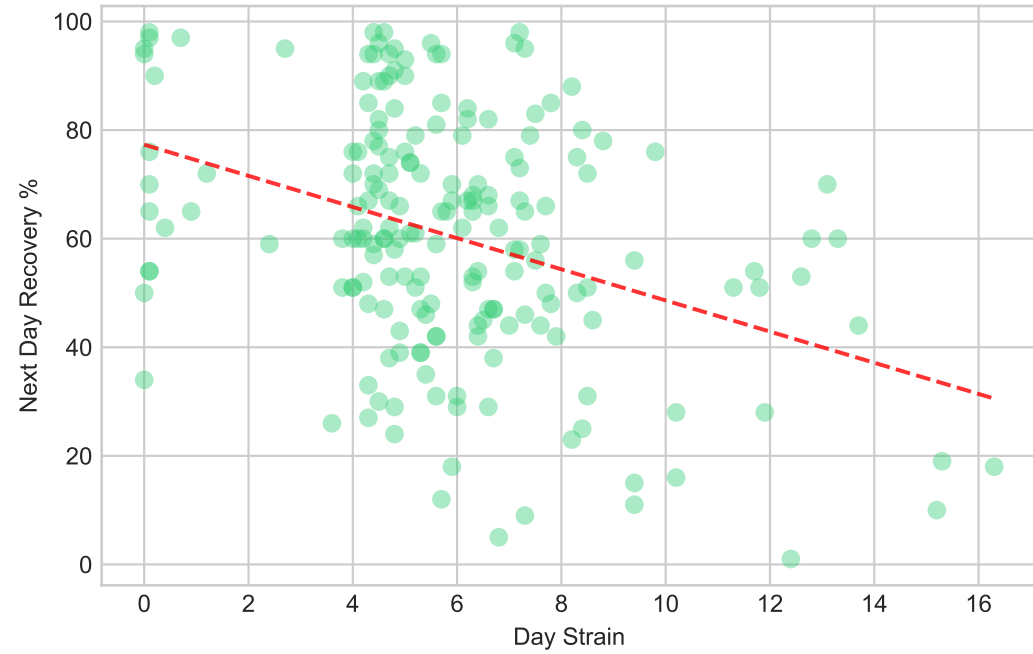
HRV vs Recovery ( $r=0.68$ )



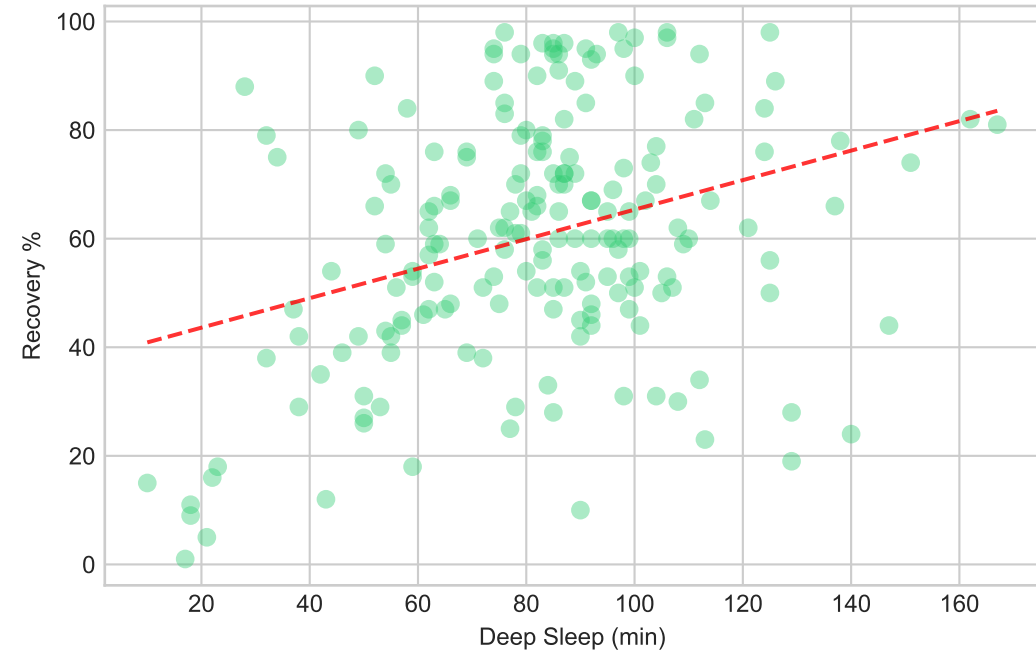
Sleep vs Recovery ( $r=0.50$ )



Strain vs Next Day Recovery ( $r=-0.37$ )



Deep Sleep vs Recovery ( $r=0.33$ )



RECOMMENDATIONS & ALERTS

RECOMMENDATIONS

[HIGH] Respiratory

Finding: 47.3% 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 (6.4 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.

[MEDIUM] Activity

Finding: Low activity levels (92.9% light strain days)

Action: Increase physical activity. Aim for 150 min moderate or 75 min vigorous exercise weekly. Include strength training 2x/week.

Note: Physical inactivity is a leading risk factor for chronic disease.

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.