

Health Analysis Report: Ayae Yoshimoto

EXECUTIVE SUMMARY

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

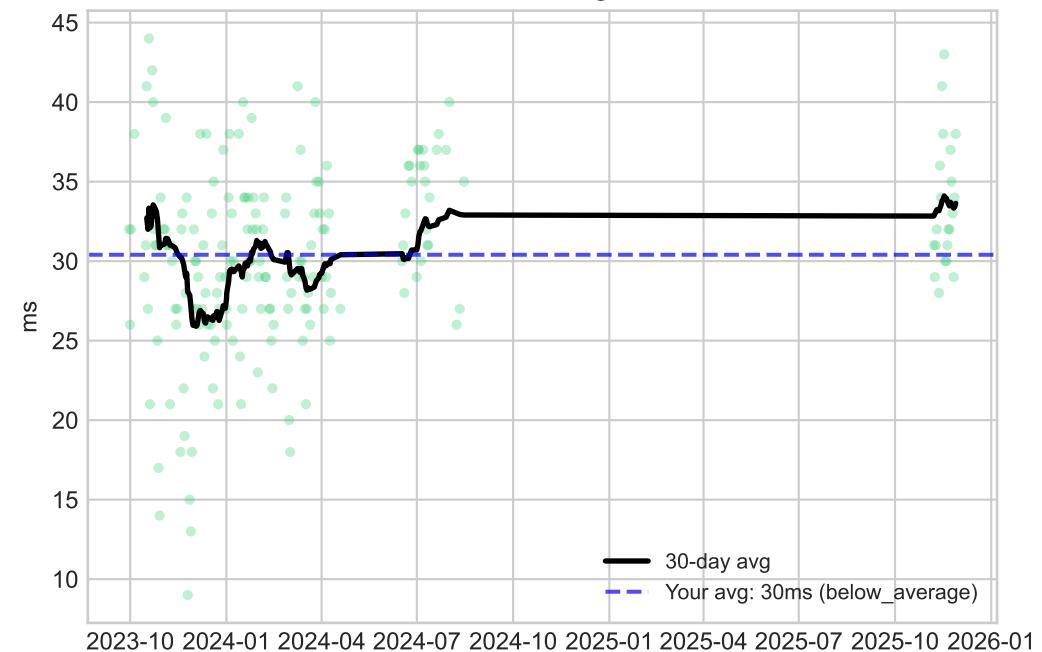
Activity: 54/100

TOP RECOMMENDATIONS

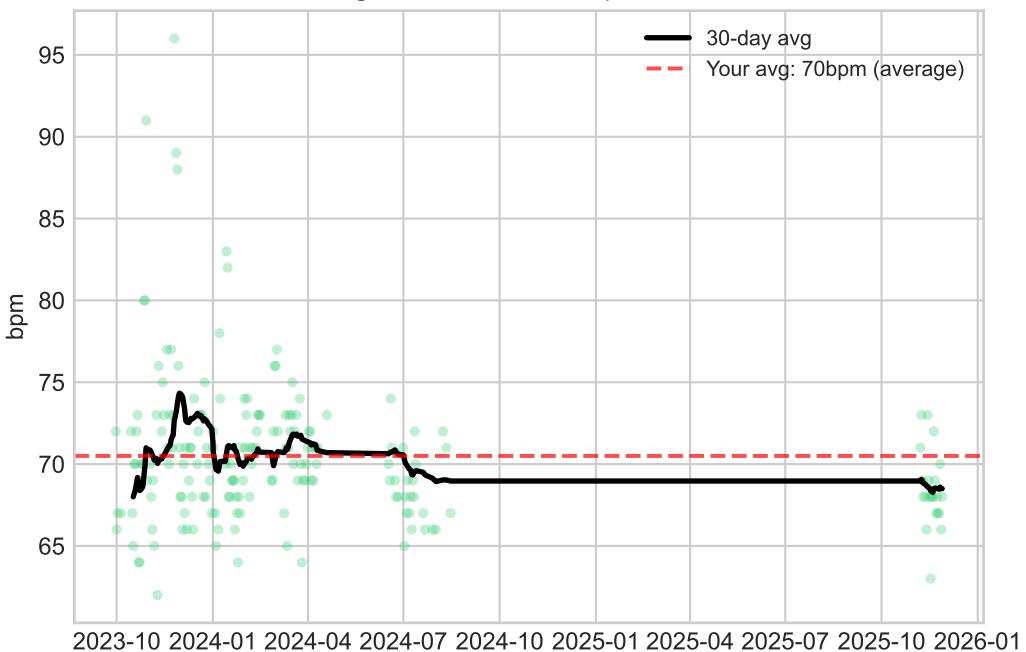
1. [HIGH] Respiratory: Screen for sleep apnea. Consider sleep study (polysomnograph...)
2. [HIGH] Sleep: Aim for 7-9 hours. Establish consistent sleep/wake times. Cr...
3. [MEDIUM] Activity: Increase physical activity. Aim for 150 min moderate or 75 m...

Cardiovascular Health

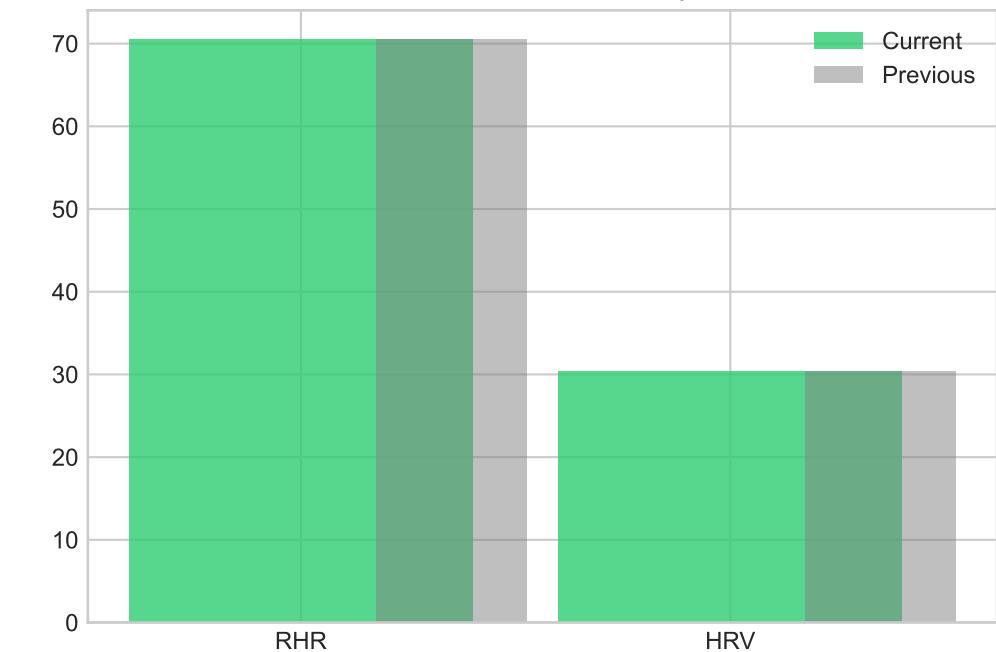
HRV - -15 ms vs age median



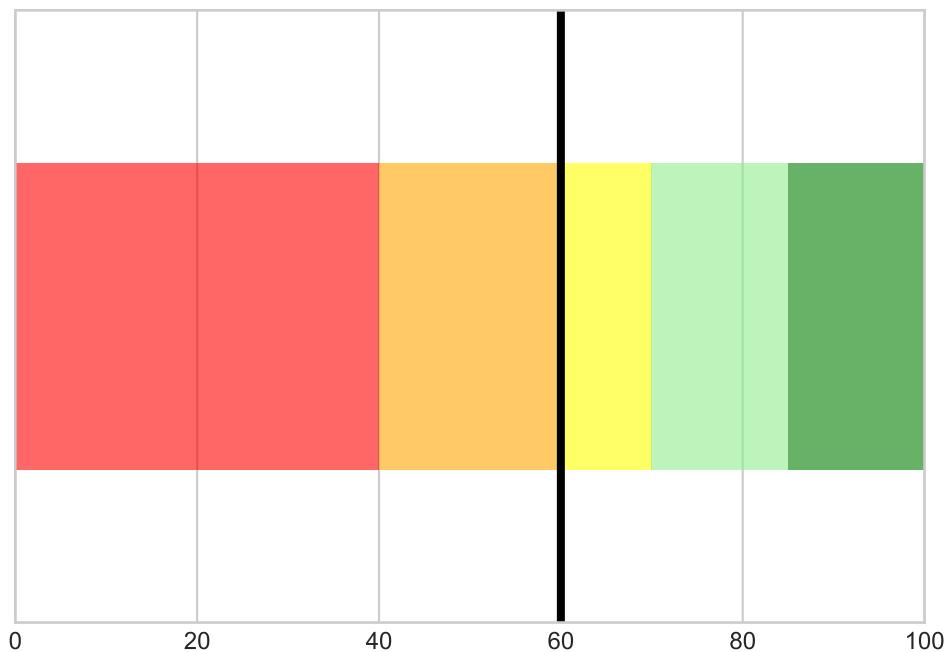
Resting Heart Rate - +6 bpm vs median



Current vs Previous Analysis

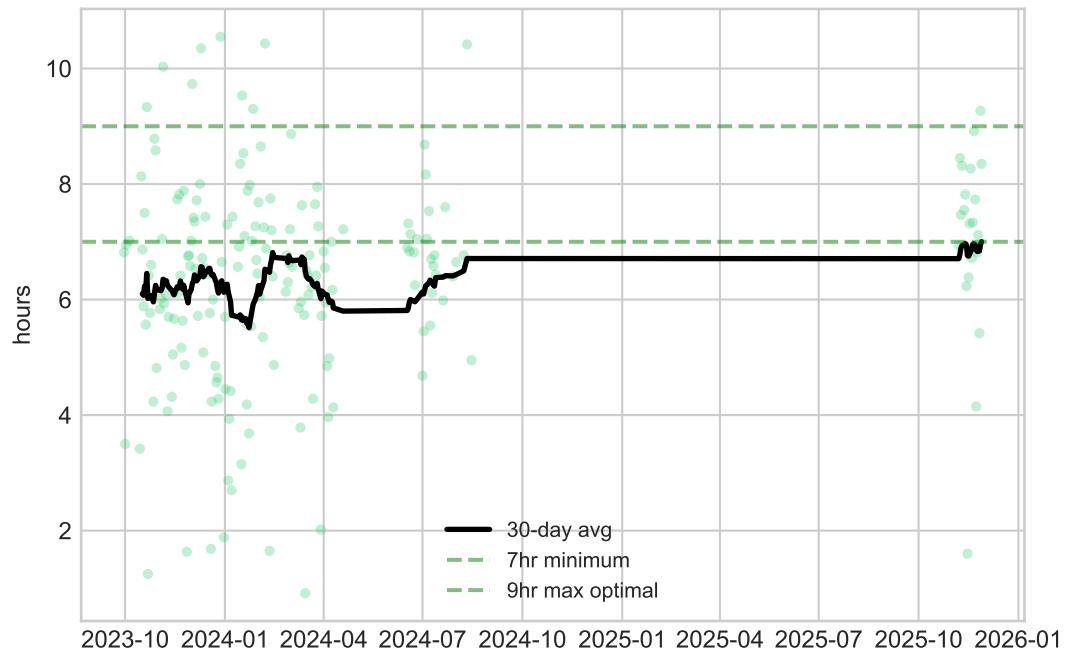


Cardiovascular Score: 60/100

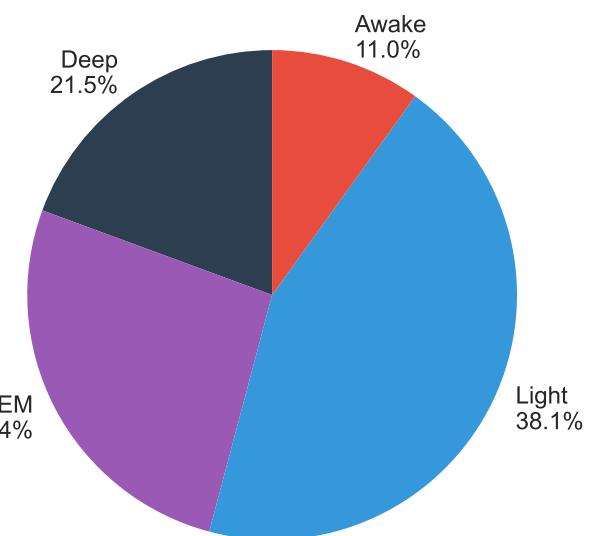


Sleep Health

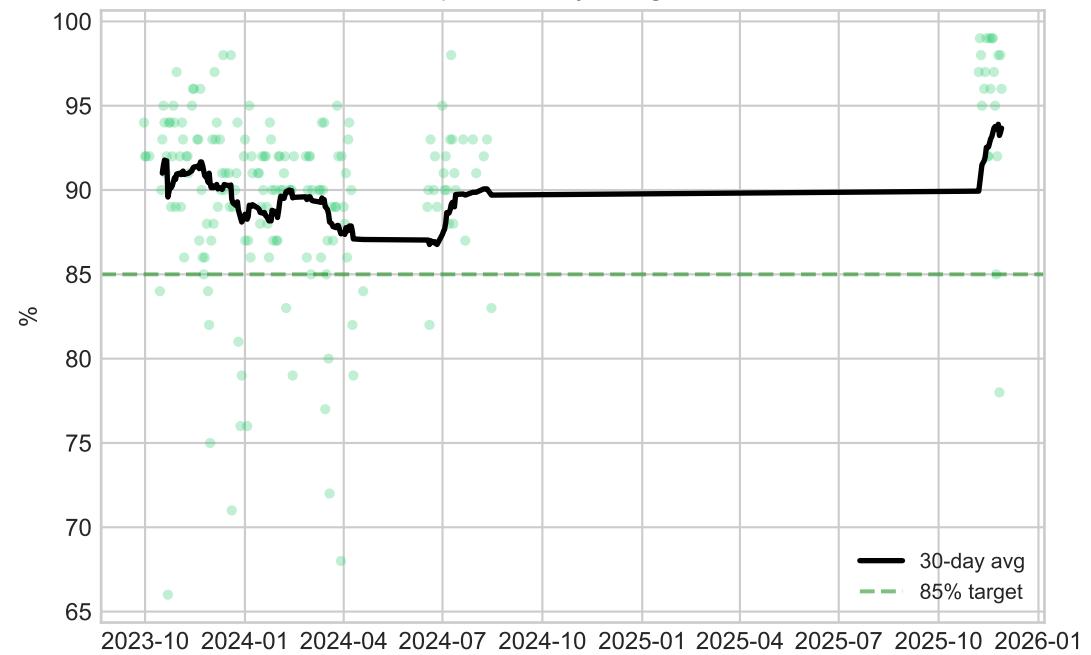
Sleep Duration - Acceptable



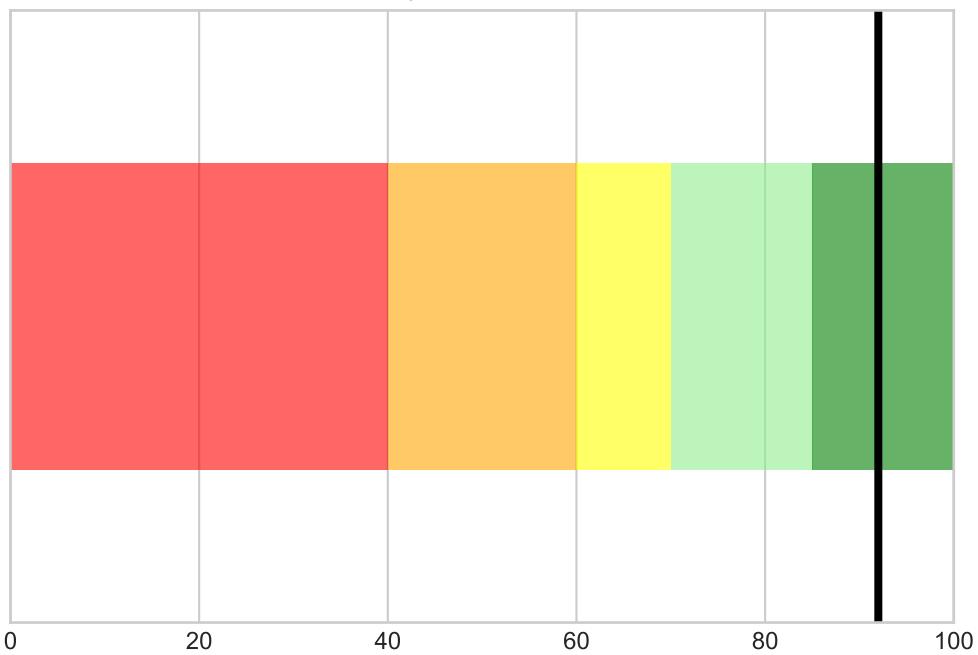
Sleep Architecture



Sleep Efficiency - Avg: 90.0%

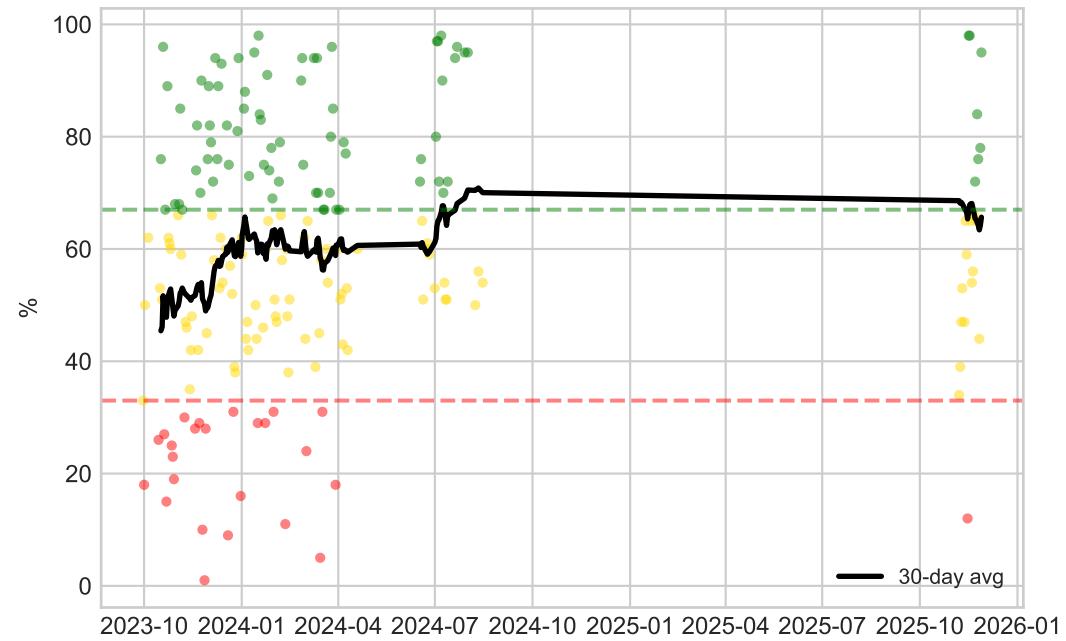


Sleep Score: 92/100

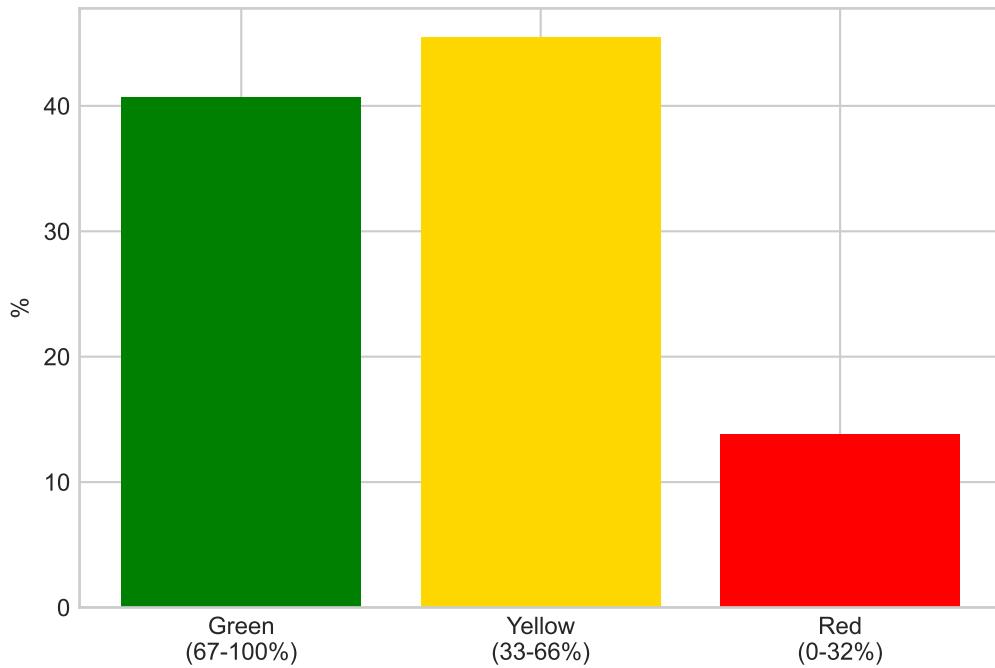


Recovery & Activity

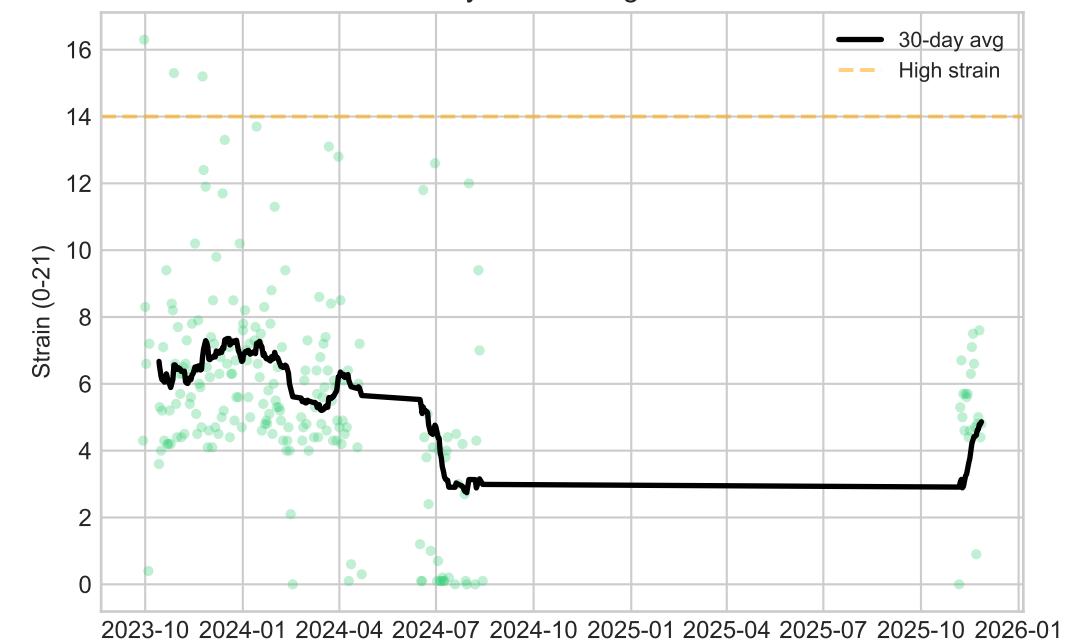
Recovery Score - Avg: 60%



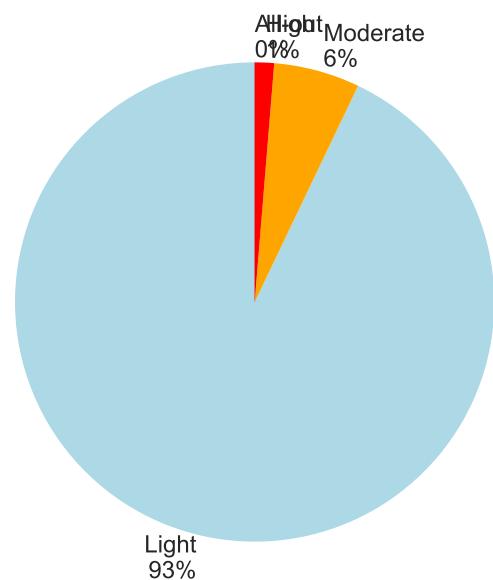
Recovery Distribution



Day Strain - Avg: 5.7

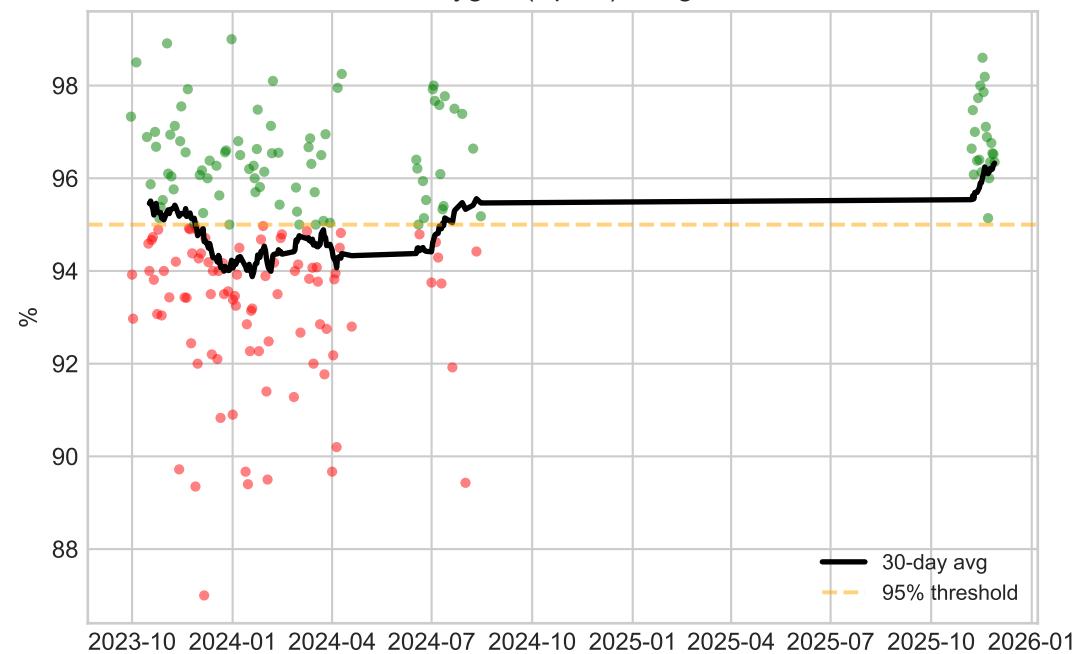


Activity Intensity Mix

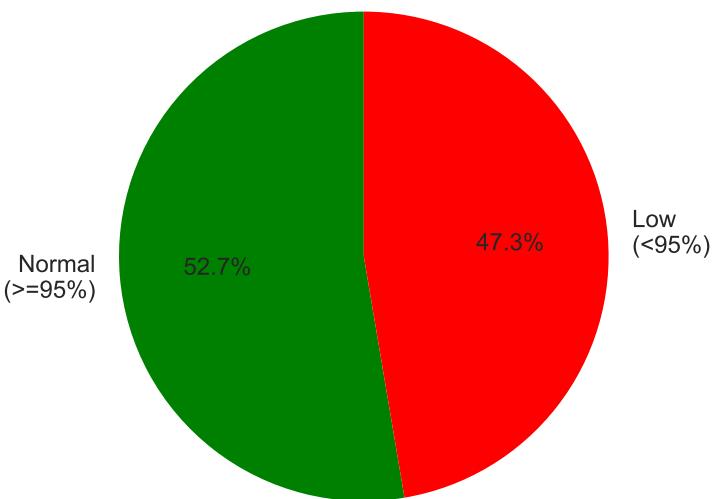


Respiratory Health

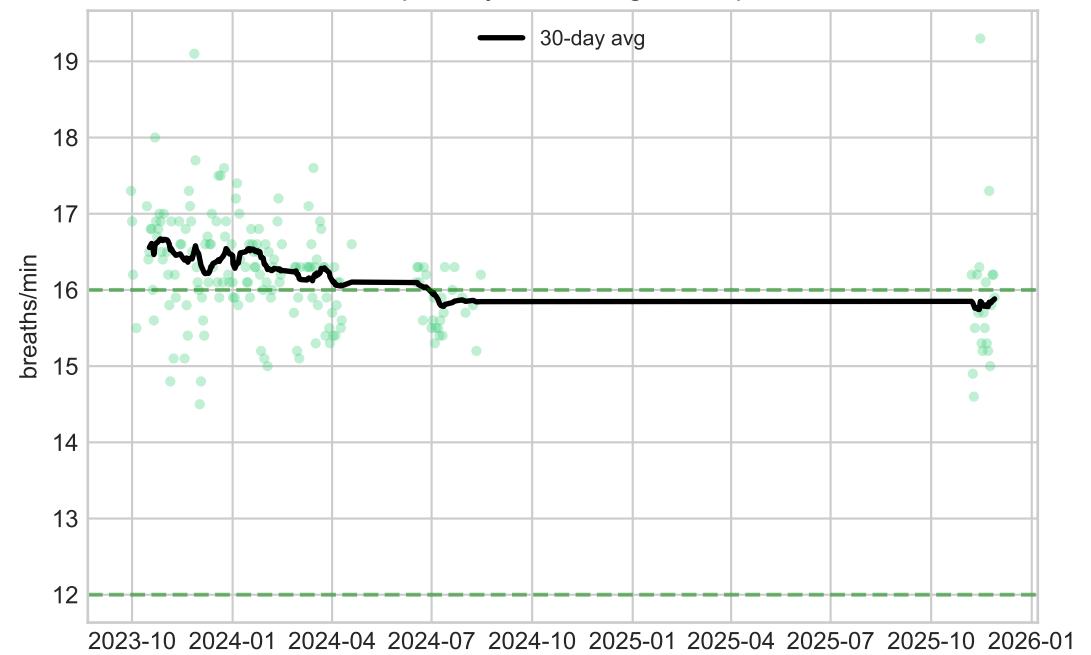
Blood Oxygen (SpO2) - Avg: 94.9%



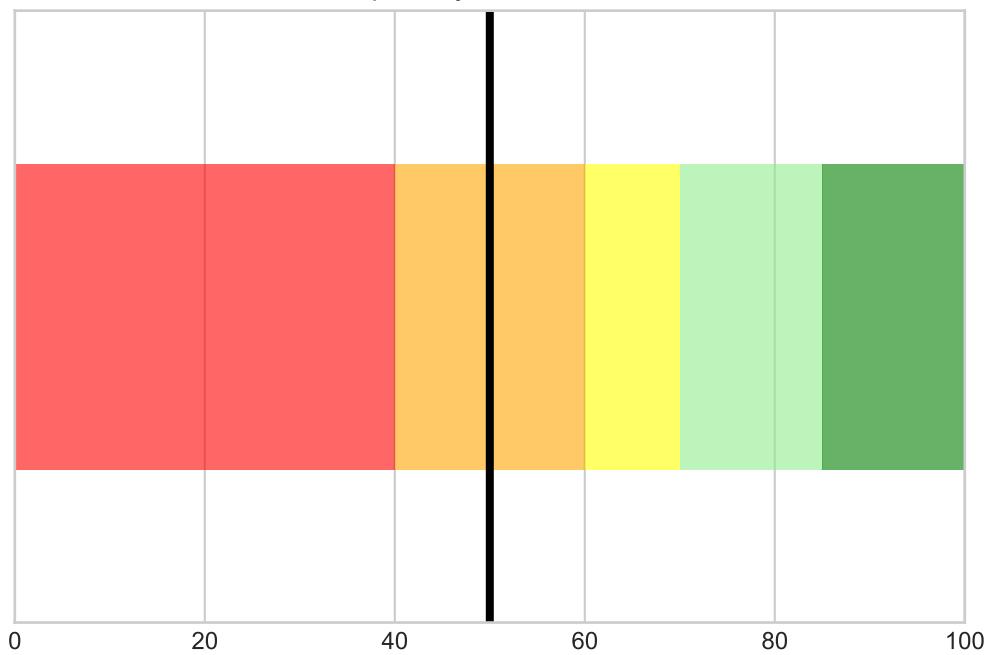
SpO2 Distribution (47.3% low)



Respiratory Rate - Avg: 16.2 rpm

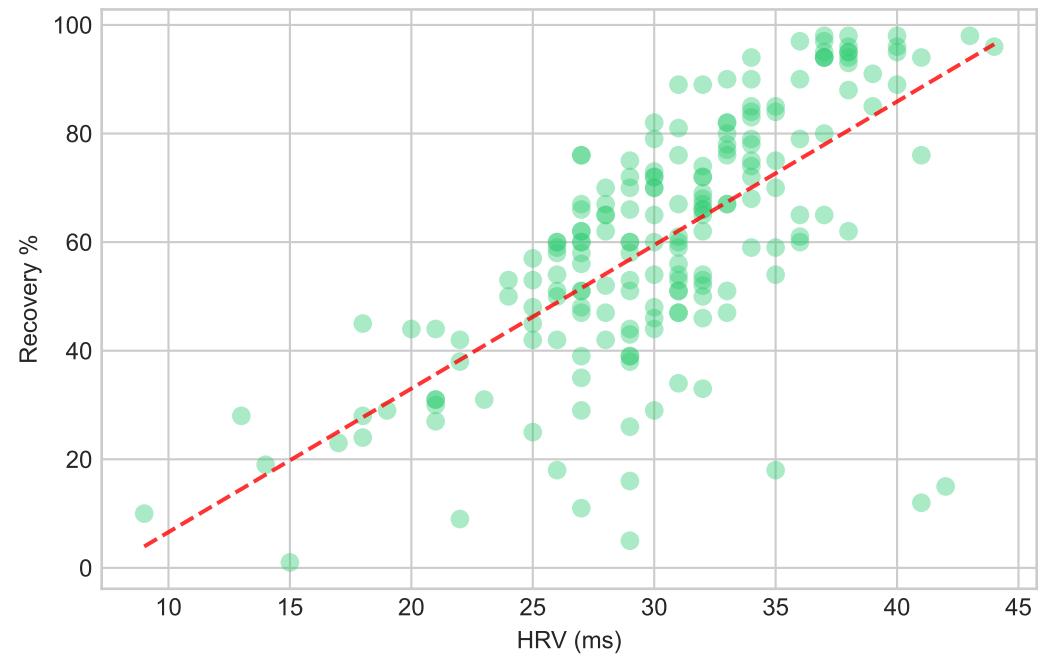


Respiratory Score: 50/100

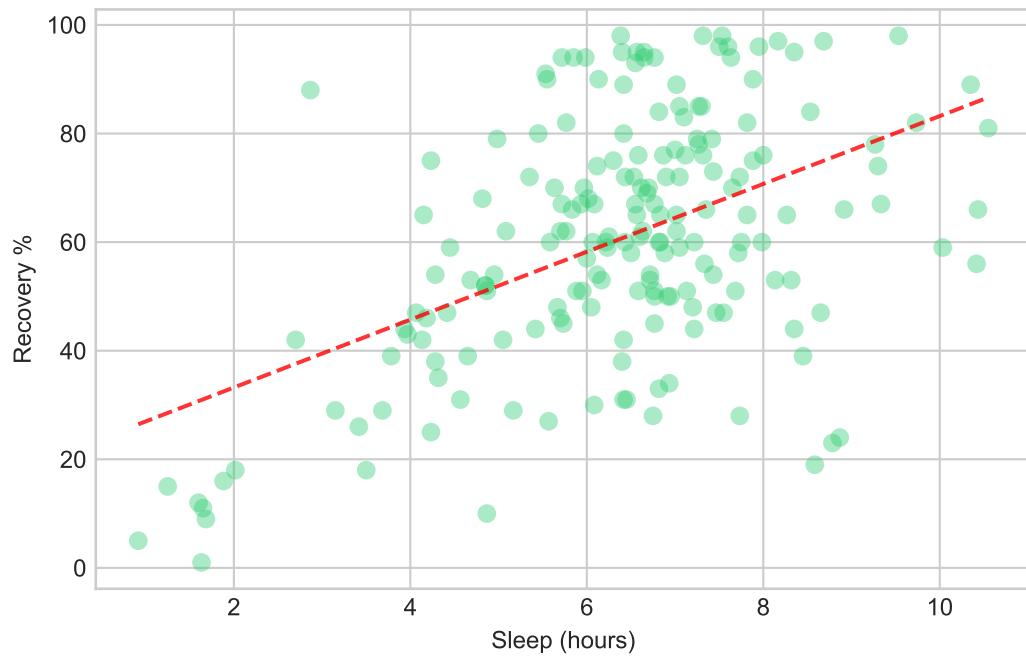


Correlation Analysis

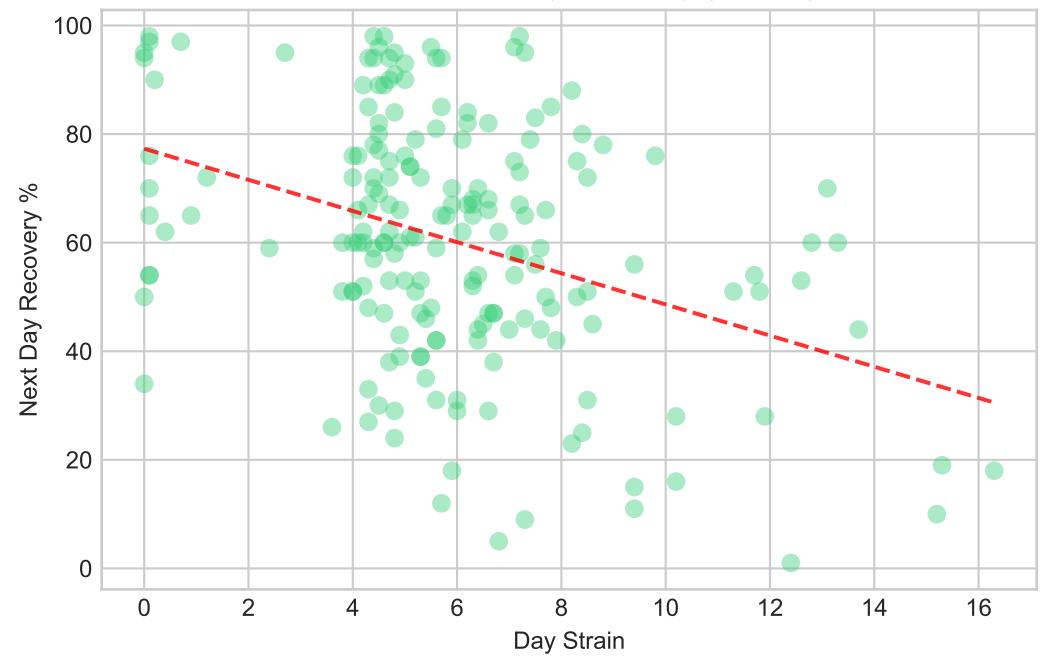
HRV vs Recovery ($r=0.68$)



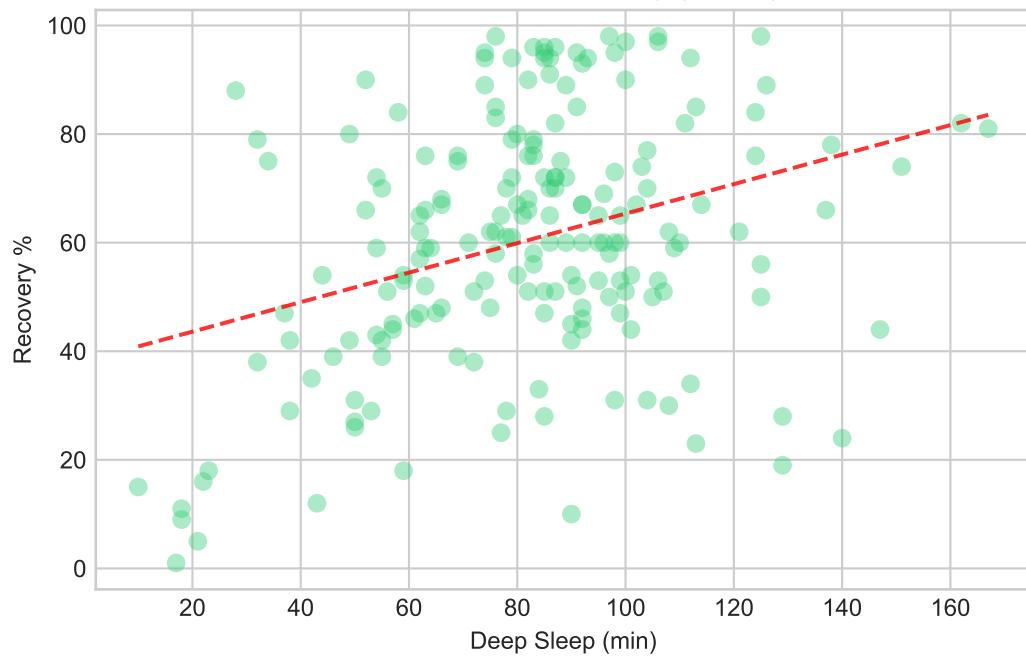
Sleep vs Recovery ($r=0.50$)



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.