

Health Analysis Report: Mom (Mi-Hyang Park)

EXECUTIVE SUMMARY

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Name: Mom (Mi-Hyang Park)
Age: 60 years (60-69 bracket)
Gender: Female
Analysis Period: 2023-06-16 to 2025-11-28 (867 days)
Generated: 2025-11-30 22:01

HEALTH SCORES

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Overall Score: 77/100 (Moderate)

Cardiovascular: 80/100
Respiratory: 75/100
Sleep: 77/100
Recovery: 56/100
Activity: 100/100

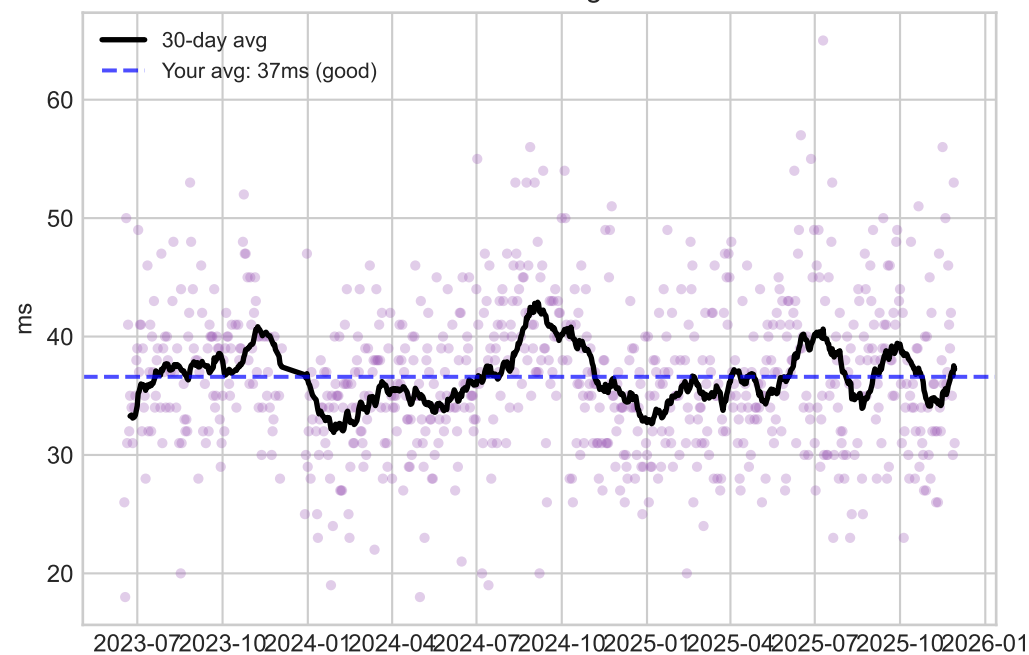
TOP RECOMMENDATIONS

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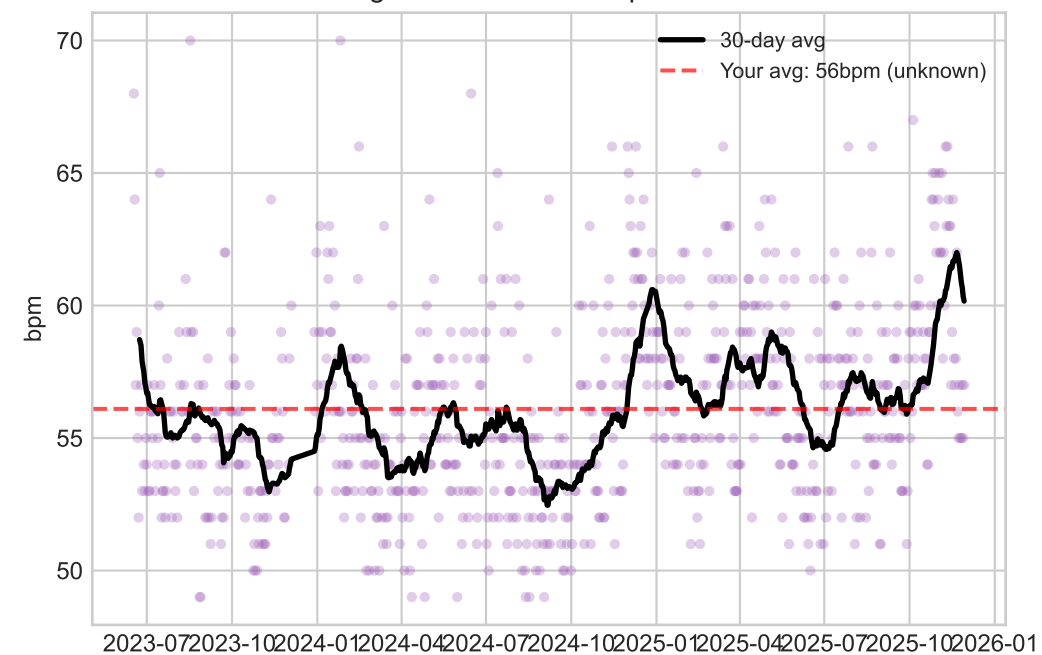
1. [HIGH] Respiratory: Screen for sleep apnea. Consider sleep study (polysomnograph...
2. [HIGH] Sleep: Aim for 7-9 hours. Establish consistent sleep/wake times. Cr...
3. [HIGH] Sleep Debt: Prioritize sleep extension. Consider 20-min naps if needed. ...

Cardiovascular Health

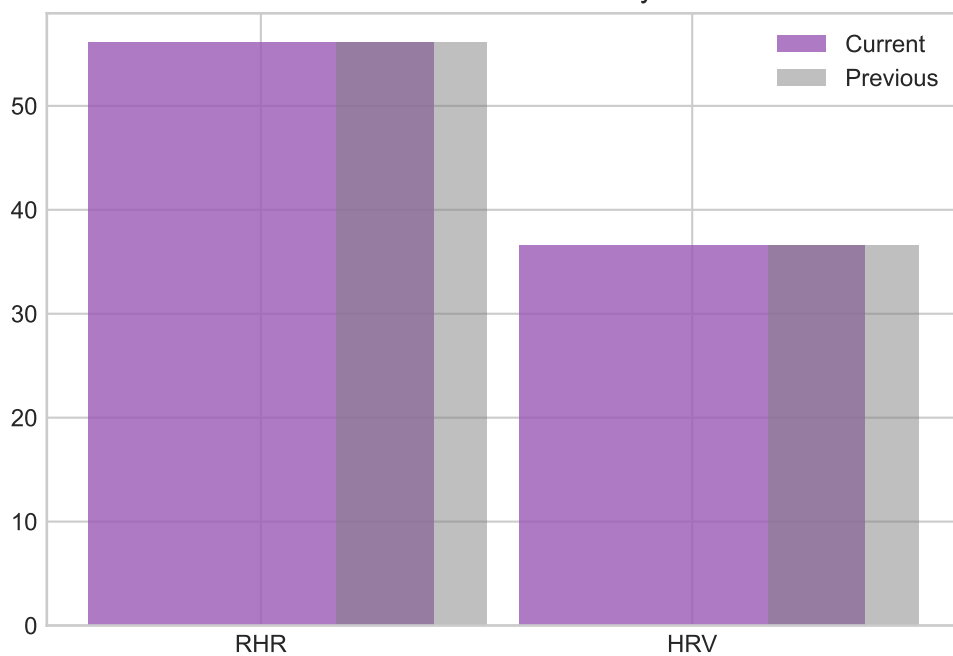
HRV - +7 ms vs age median



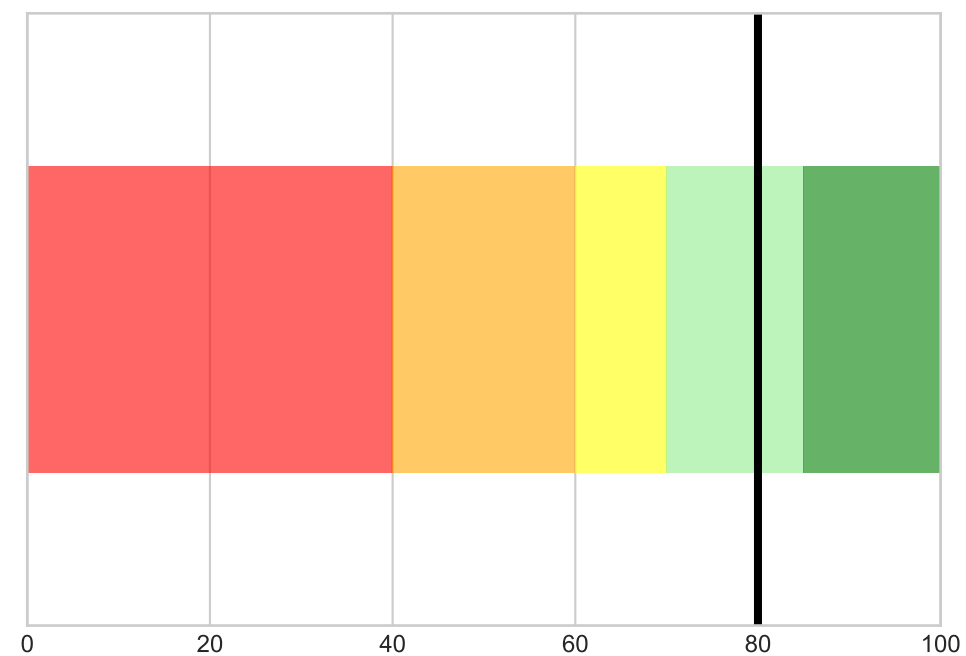
Resting Heart Rate - -14 bpm vs median



Current vs Previous Analysis

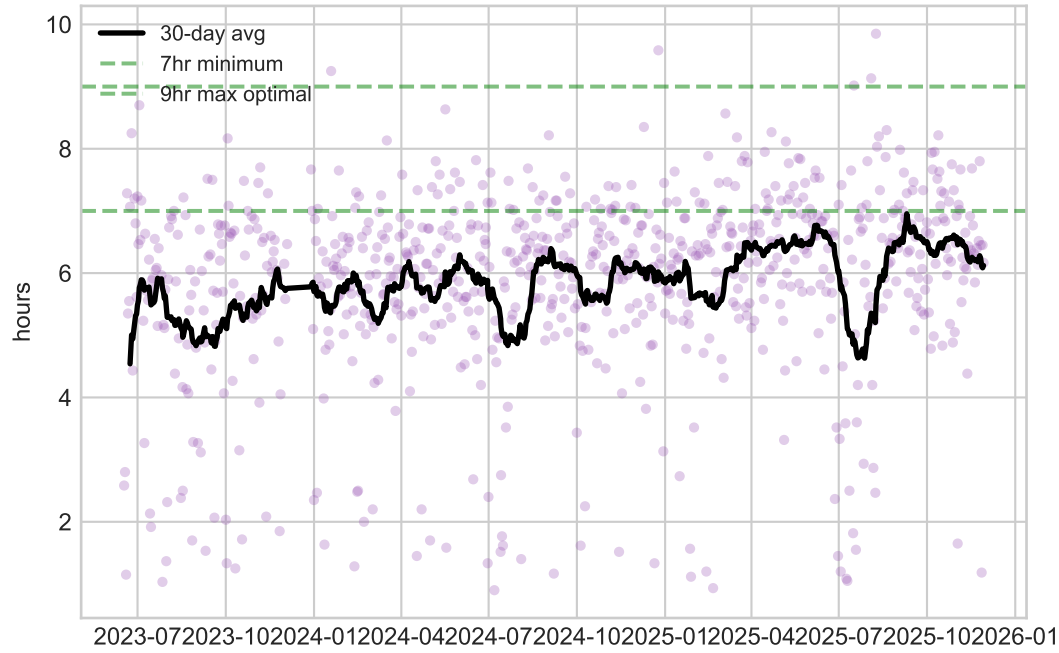


Cardiovascular Score: 80/100

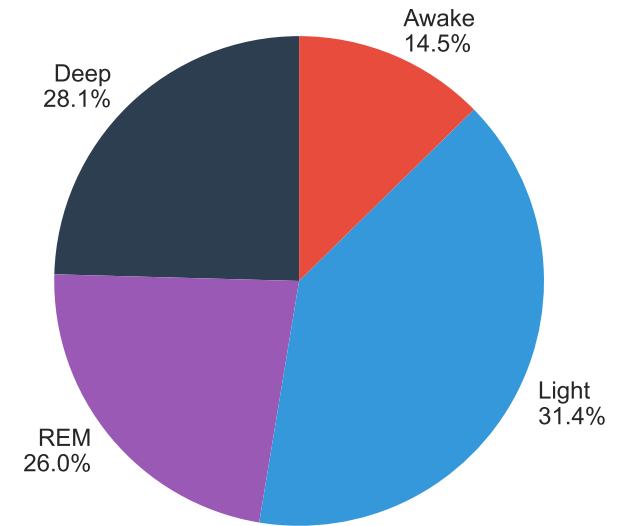


Sleep Health

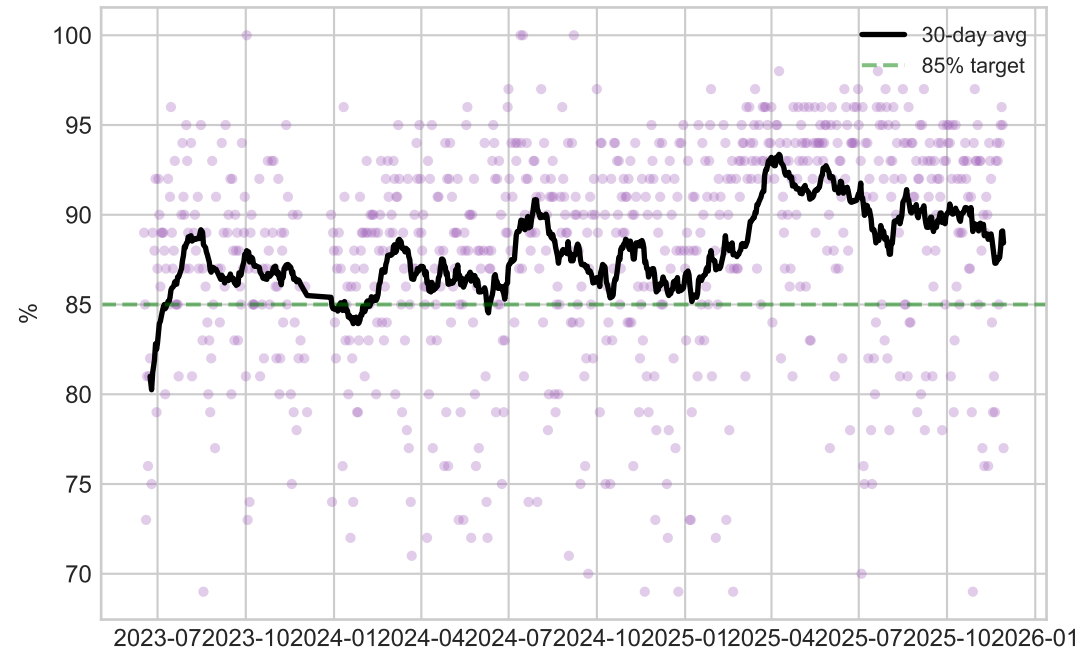
Sleep Duration - Short



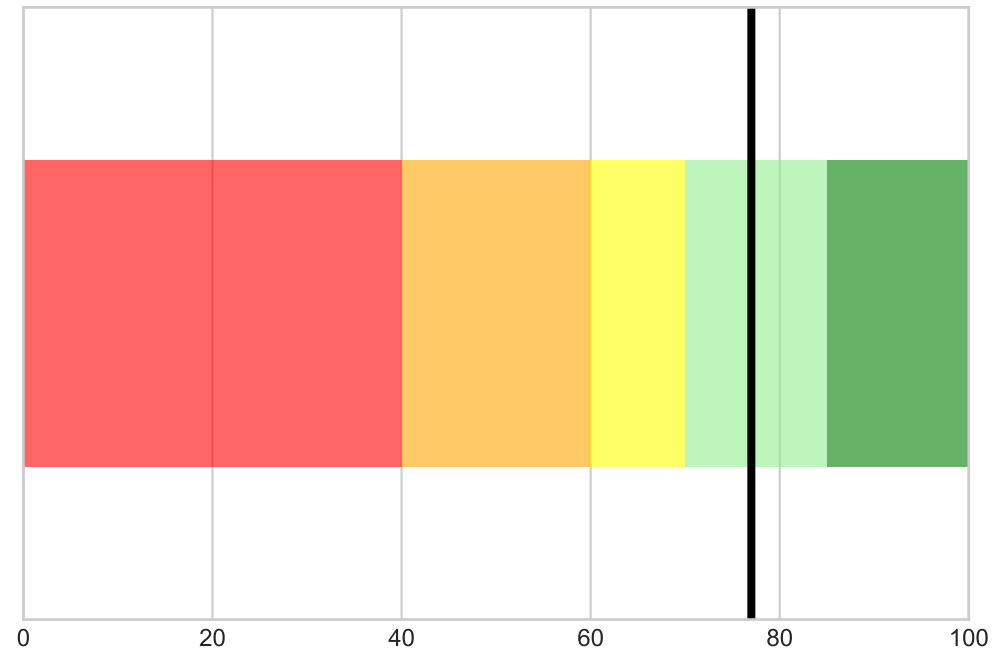
Sleep Architecture



Sleep Efficiency - Avg: 88.0%

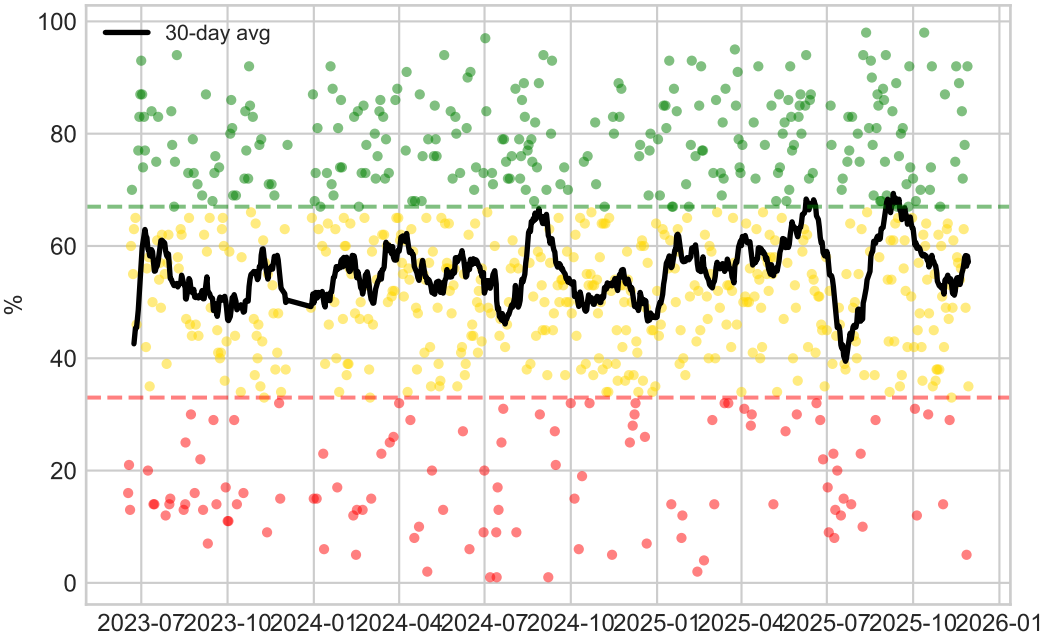


Sleep Score: 77/100

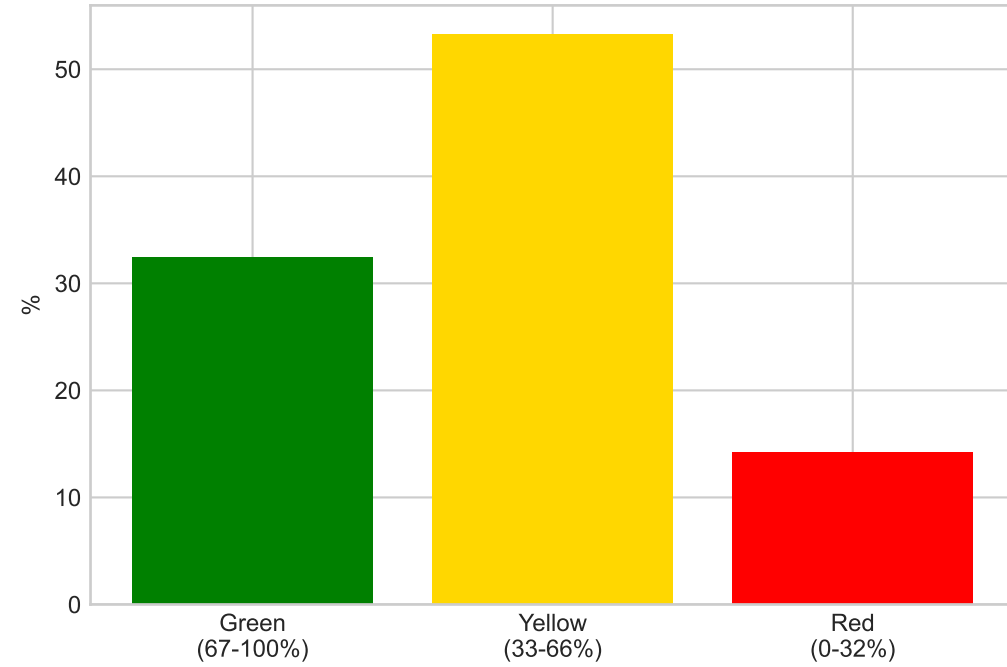


Recovery & Activity

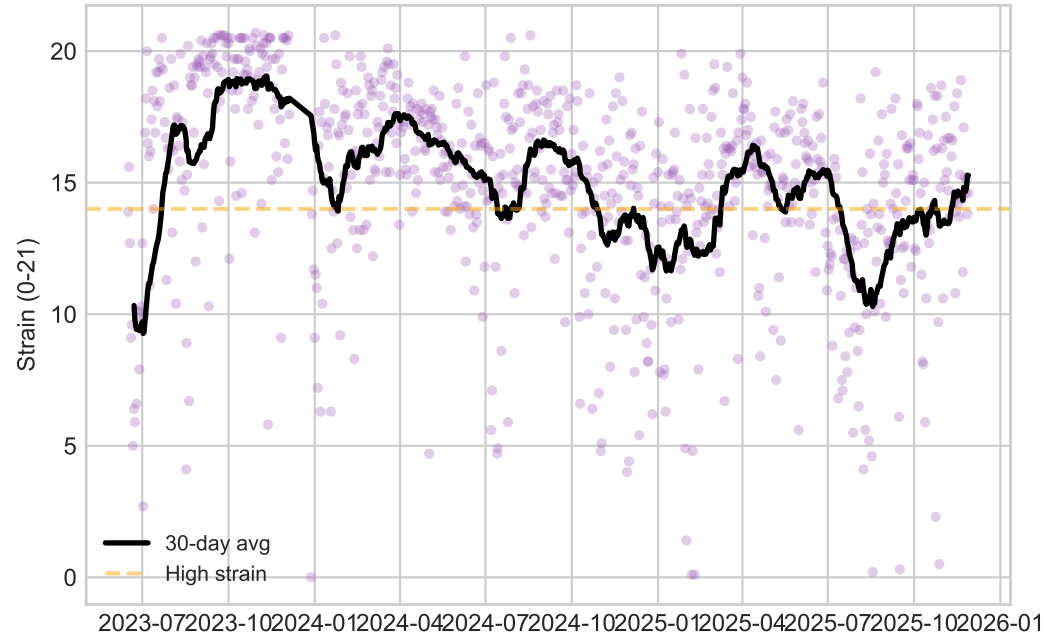
Recovery Score - Avg: 56%



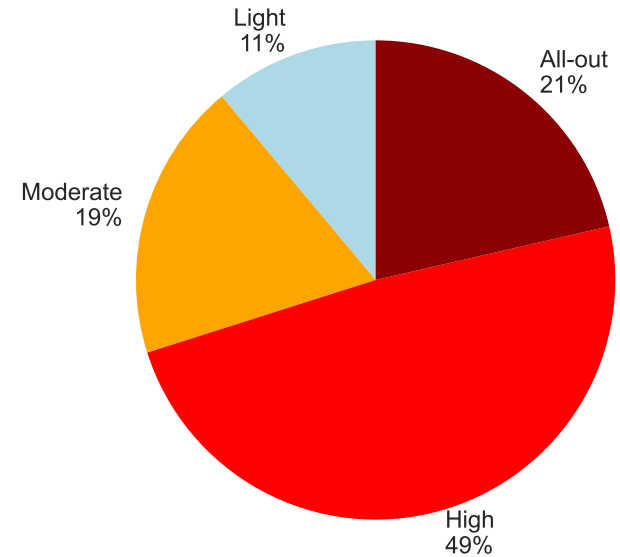
Recovery Distribution



Day Strain - Avg: 15.0

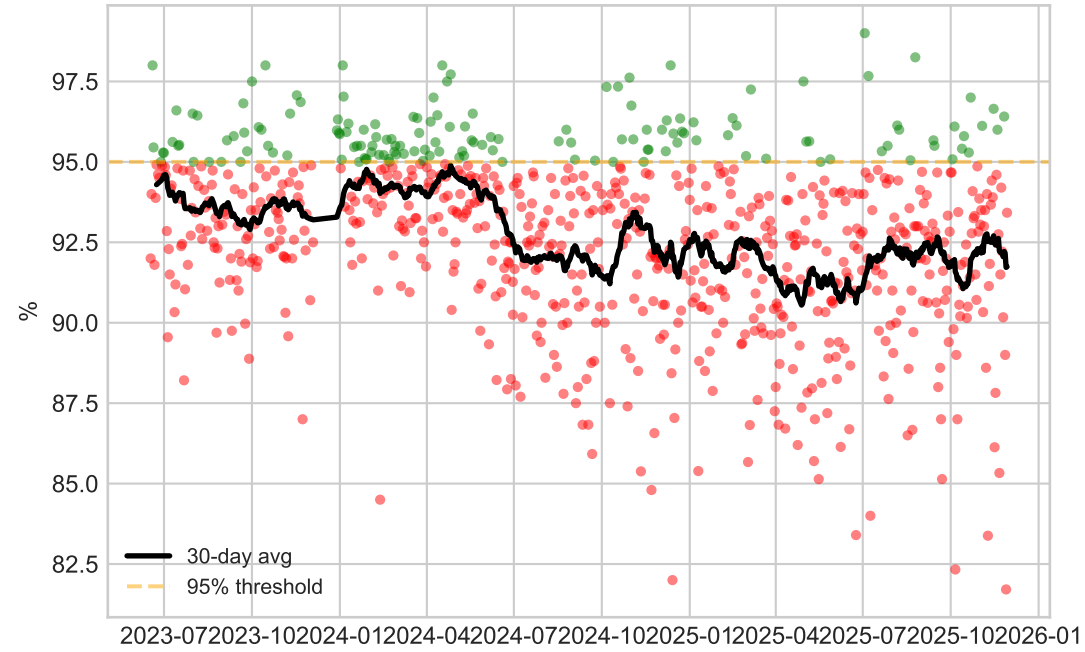


Activity Intensity Mix

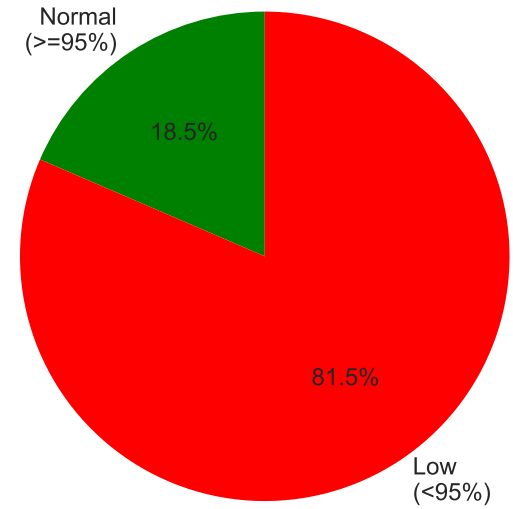


Respiratory Health

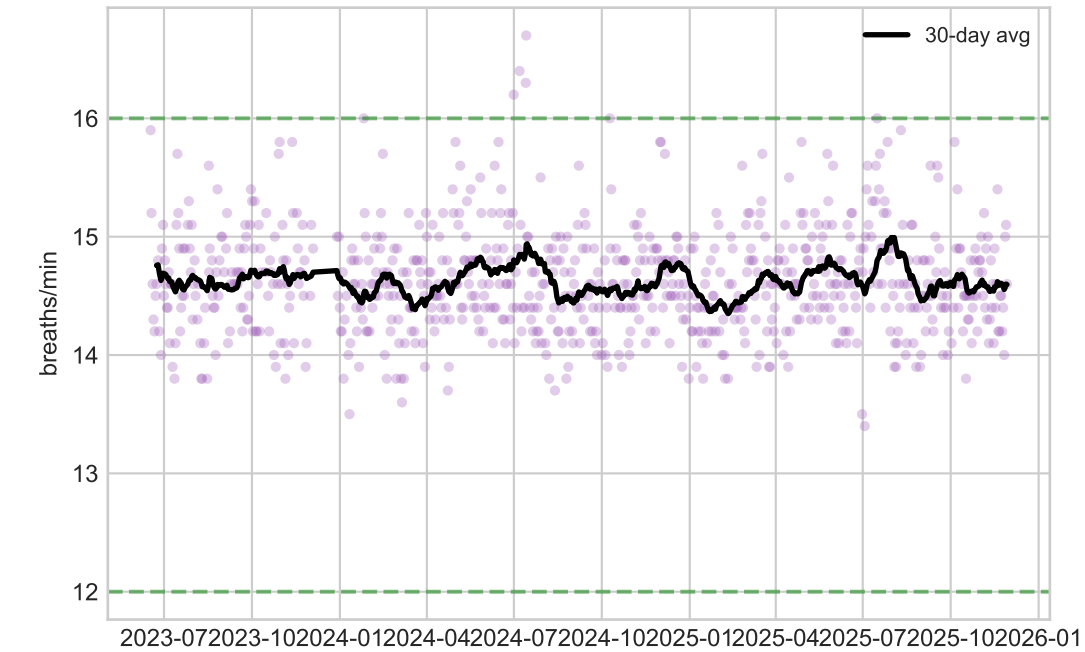
Blood Oxygen (SpO2) - Avg: 92.7%



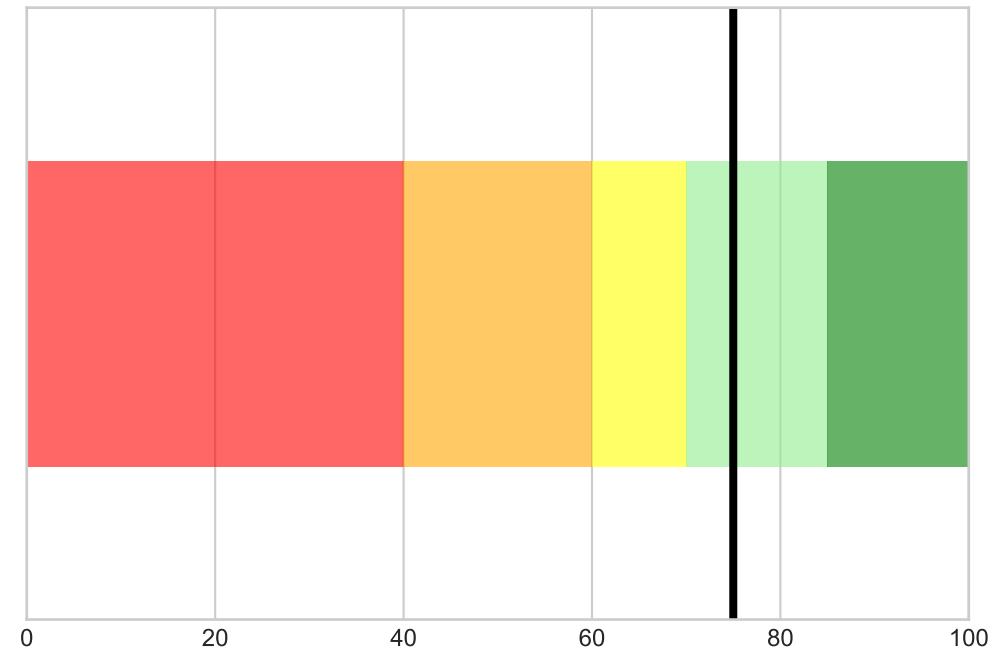
SpO2 Distribution (81.5% low)



Respiratory Rate - Avg: 14.6 rpm

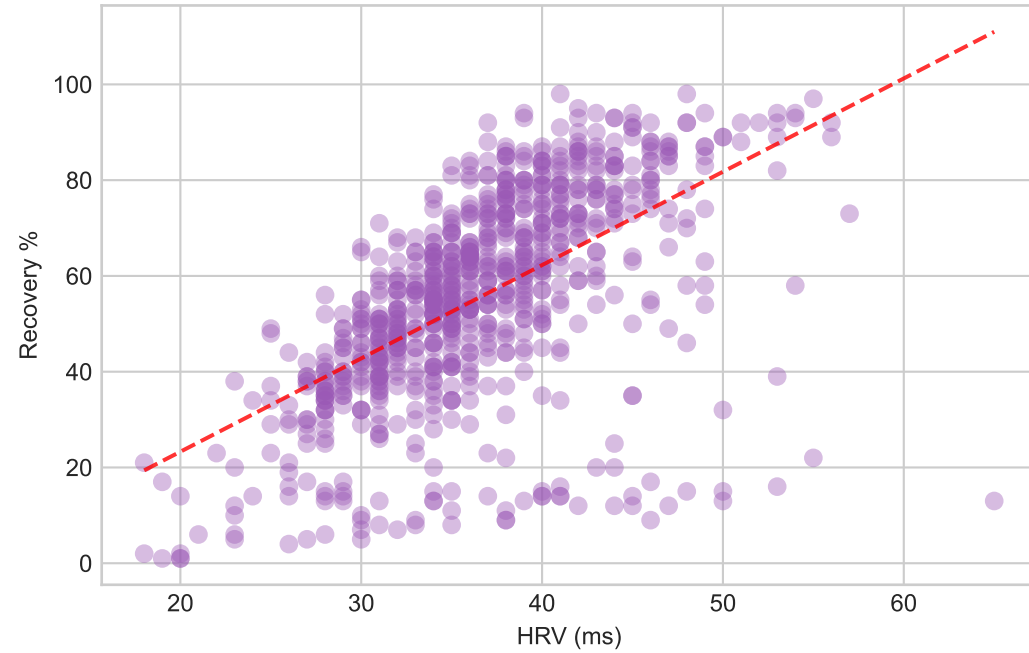


Respiratory Score: 75/100

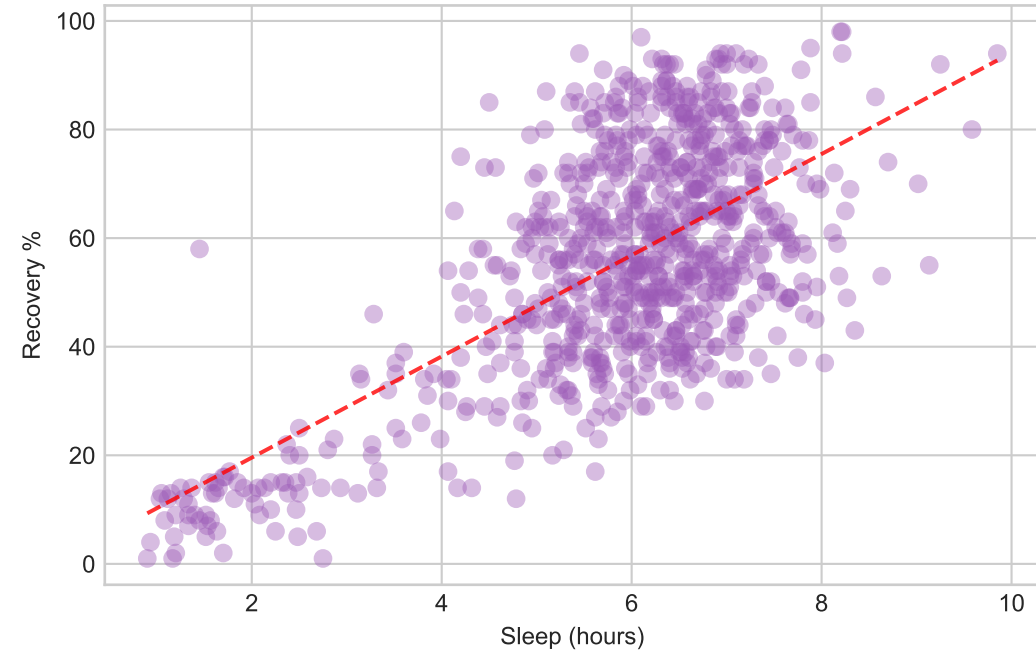


Correlation Analysis

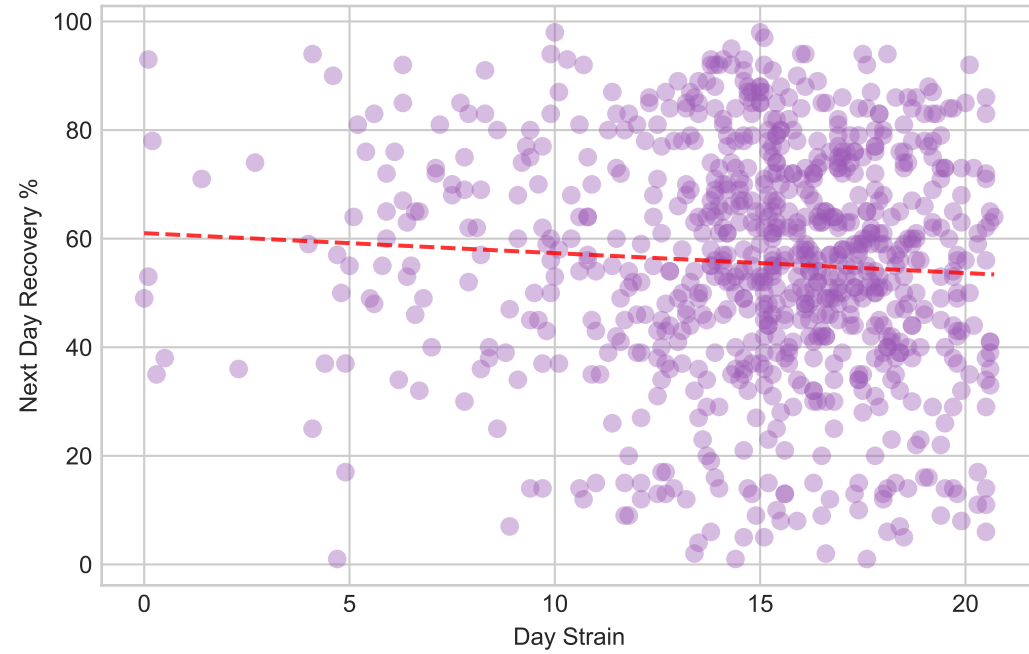
HRV vs Recovery ($r=0.58$)



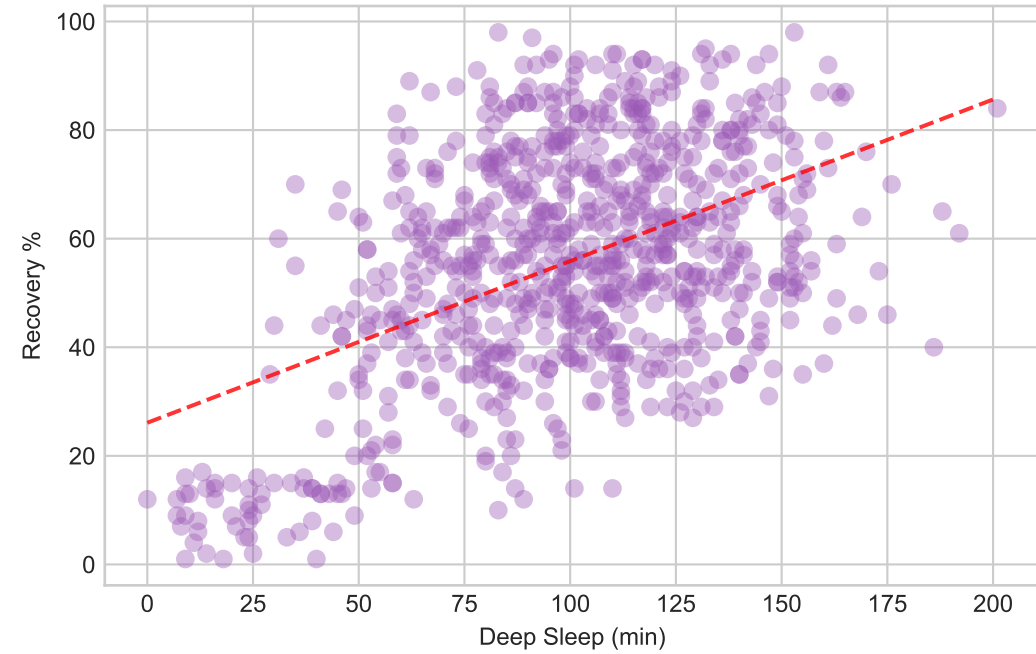
Sleep vs Recovery ($r=0.66$)



Strain vs Next Day Recovery ($r=-0.06$)



Deep Sleep vs Recovery ($r=0.48$)



RECOMMENDATIONS & ALERTS

ACTIVE ALERTS

[CRITICAL] Critical: 81.5% of nights with low SpO2
[WARNING] Severe sleep debt: 104.0 min average

RECOMMENDATIONS

- [HIGH] Respiratory
Finding: 81.5% 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 (5.9 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 (104.0 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.

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.