

Health Analysis Report: Dad (Il-Keun Lee)

EXECUTIVE SUMMARY

Name: Dad (Il-Keun Lee)

Age: 62 years (60-69 bracket)

Gender: Male

Analysis Period: 2023-01-21 to 2025-11-20 (1023 days)

Generated: 2025-11-25 16:47

HEALTH SCORES

Overall Score: 69/100 (Moderate)

Cardiovascular: 80/100

Respiratory: 40/100

Sleep: 77/100

Recovery: 51/100

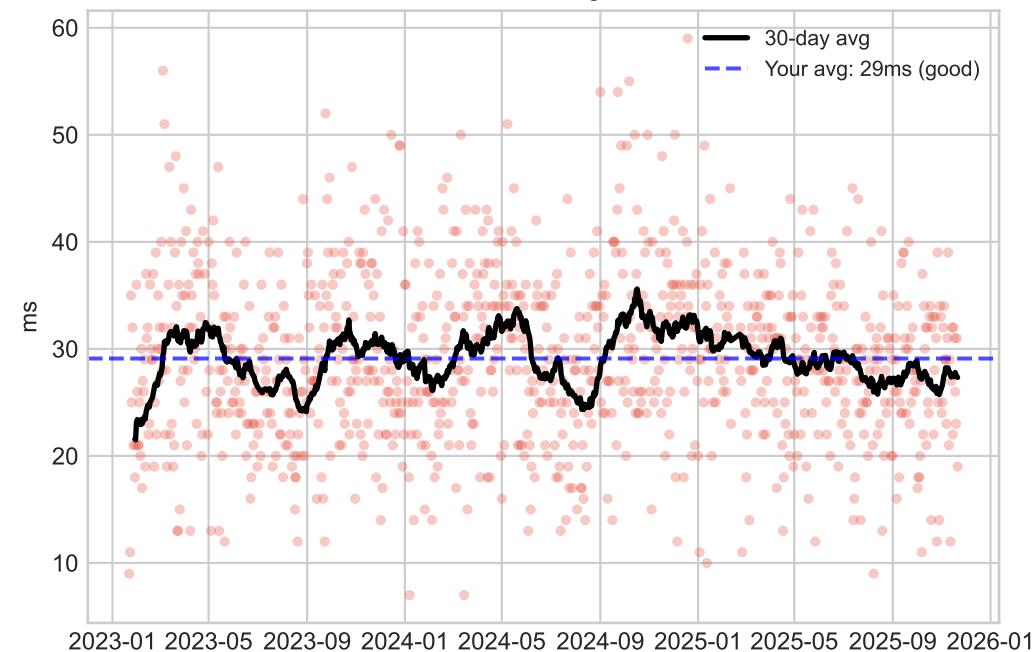
Activity: 97/100

TOP RECOMMENDATIONS

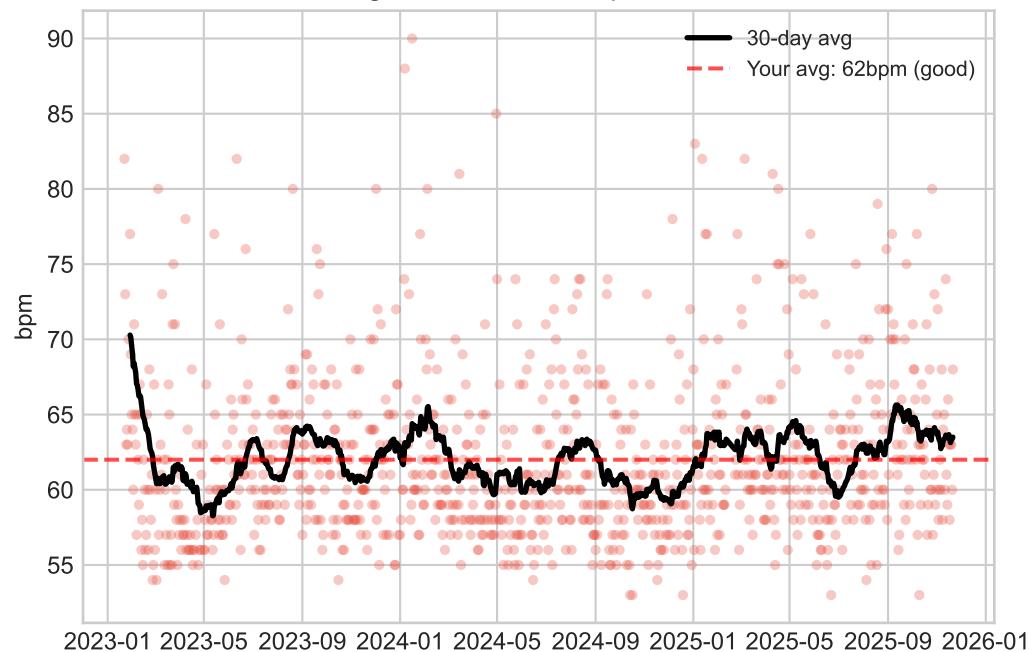
- [HIGH] Respiratory: Screen for sleep apnea. Consider sleep study (polysomnograph...)
- [HIGH] Sleep: Aim for 7-9 hours. Establish consistent sleep/wake times. Cr...
- [HIGH] Sleep Debt: Prioritize sleep extension. Consider 20-min naps if needed. ...

Cardiovascular Health

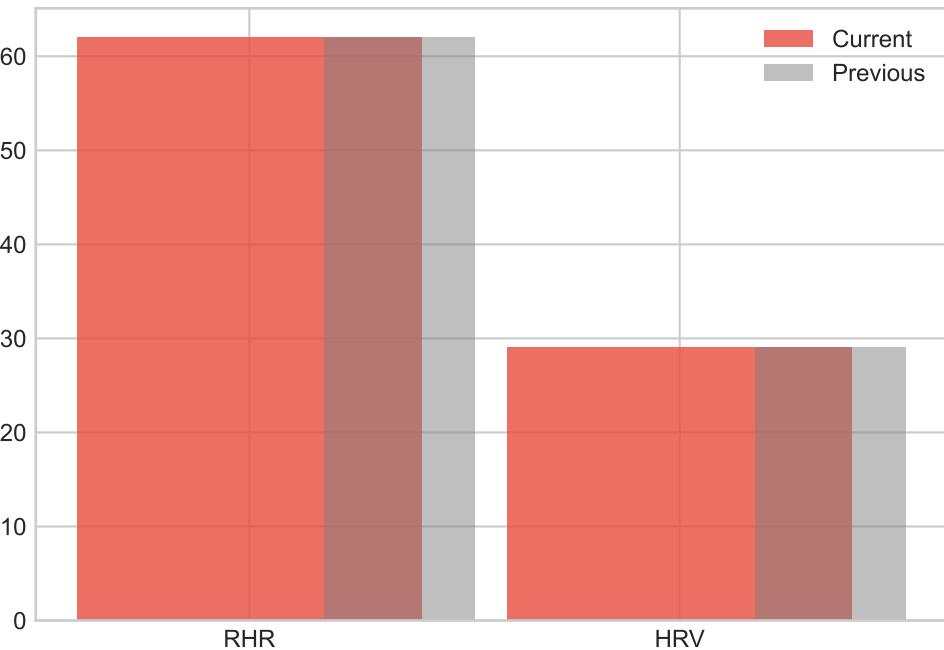
HRV - -1 ms vs age median



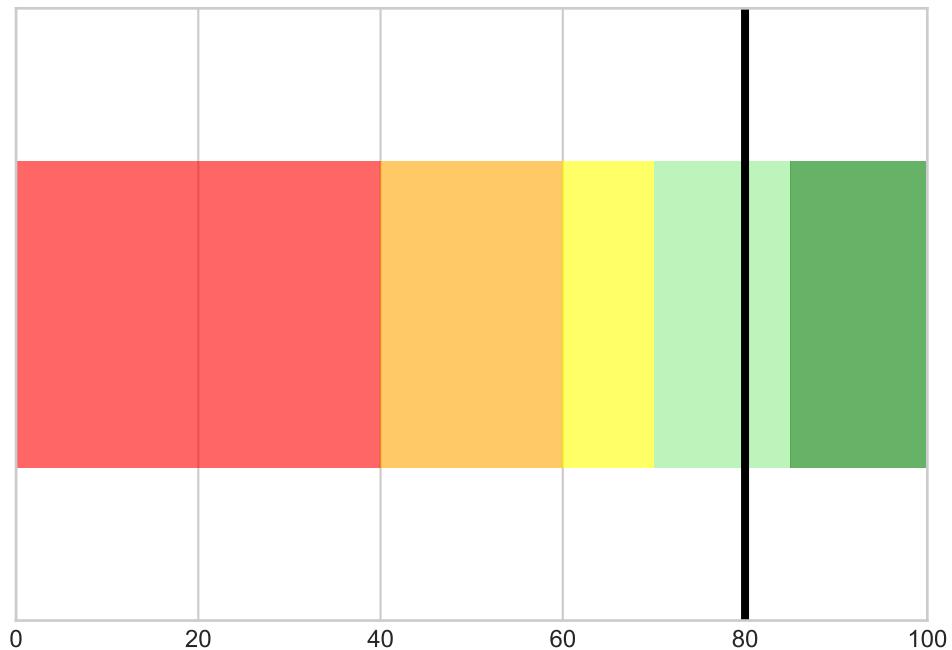
Resting Heart Rate - -6 bpm vs median



Current vs Previous Analysis

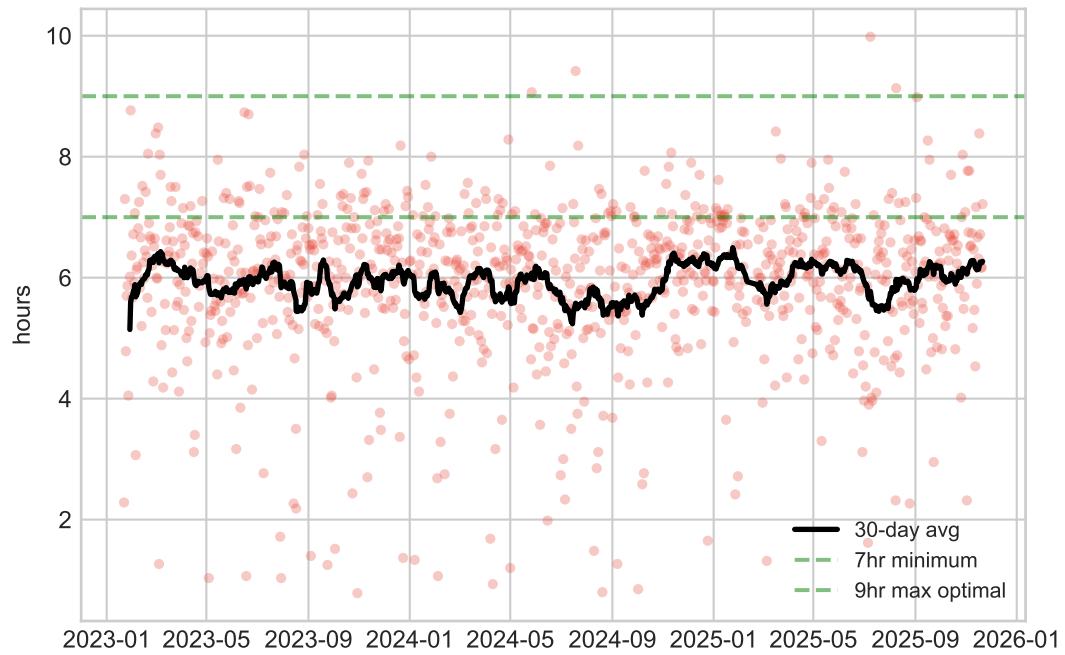


Cardiovascular Score: 80/100

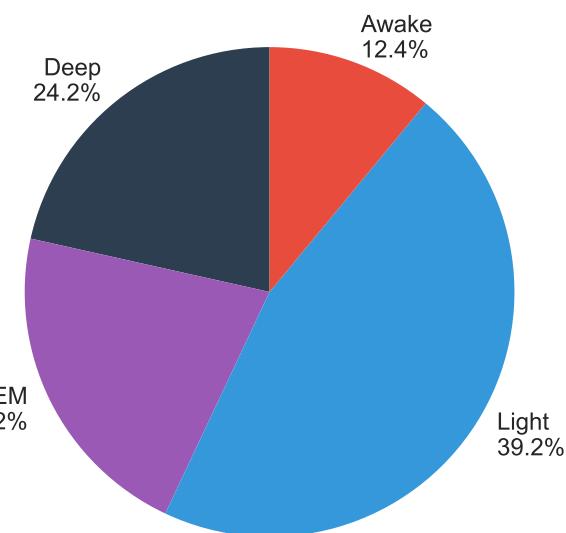


Sleep Health

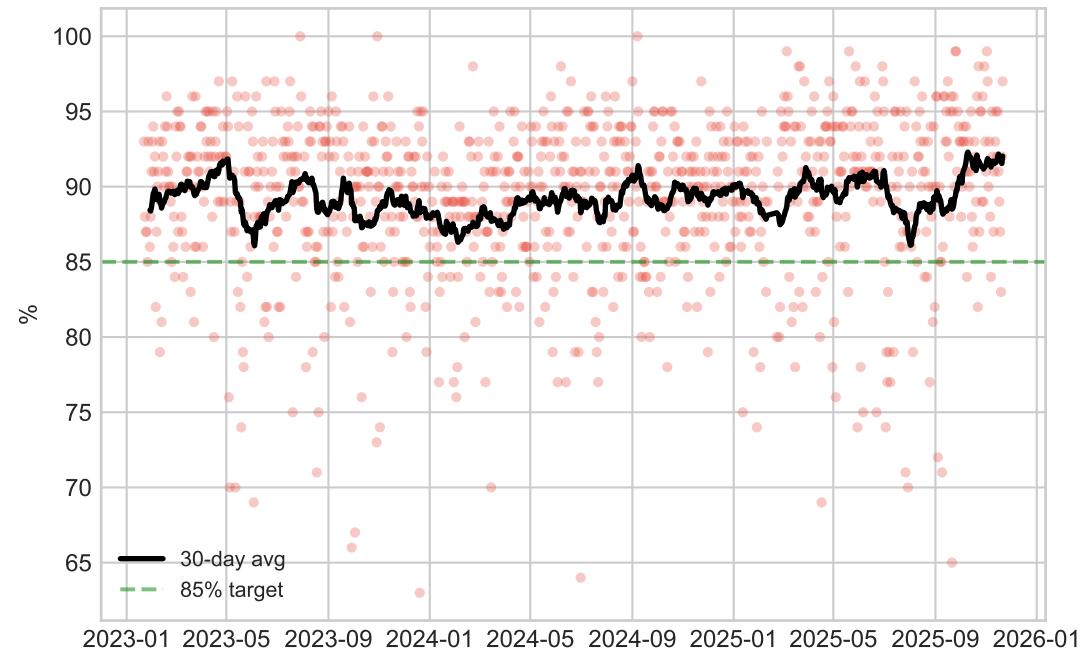
Sleep Duration - Short



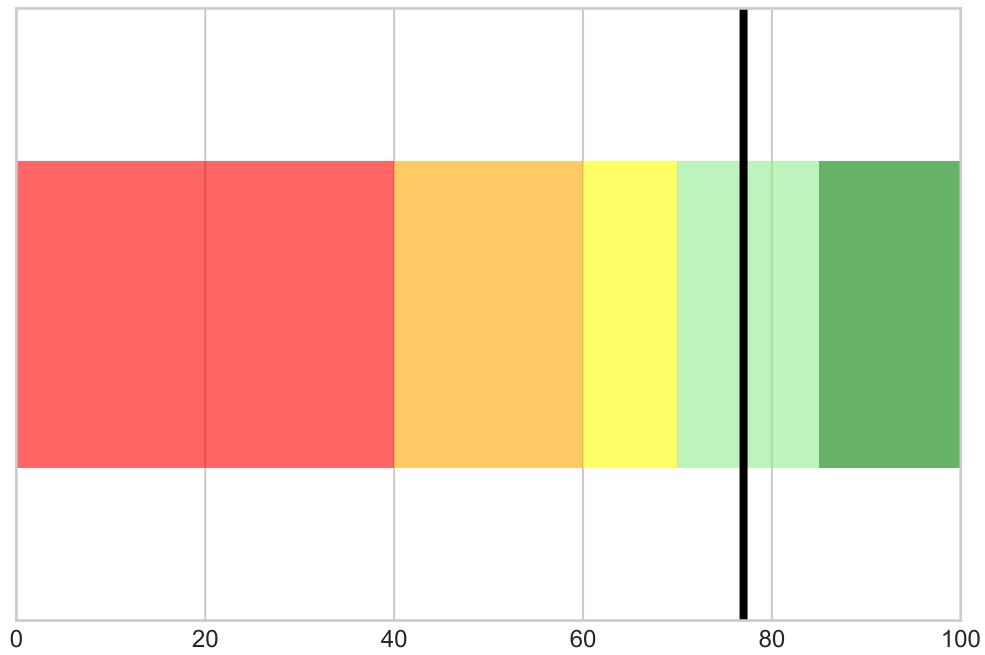
Sleep Architecture



Sleep Efficiency - Avg: 89.2%

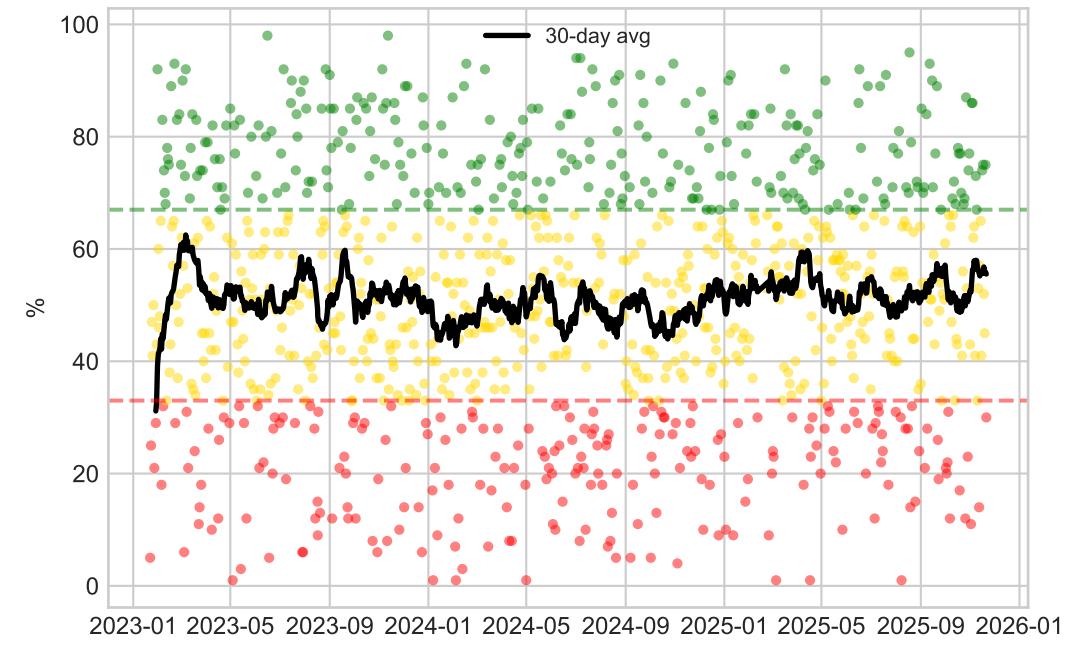


Sleep Score: 77/100

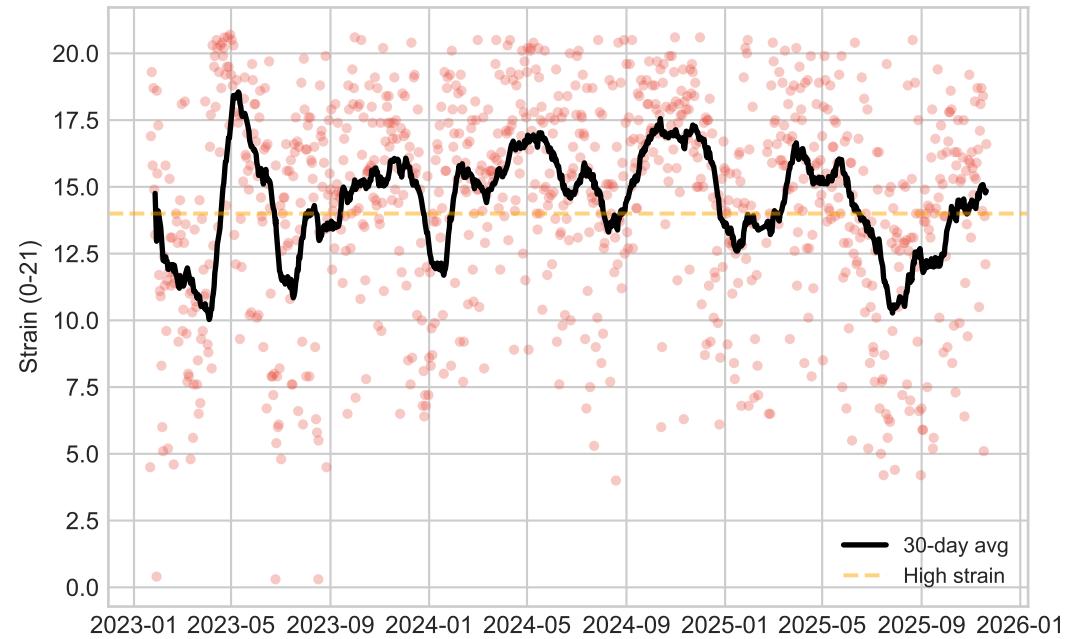


Recovery & Activity

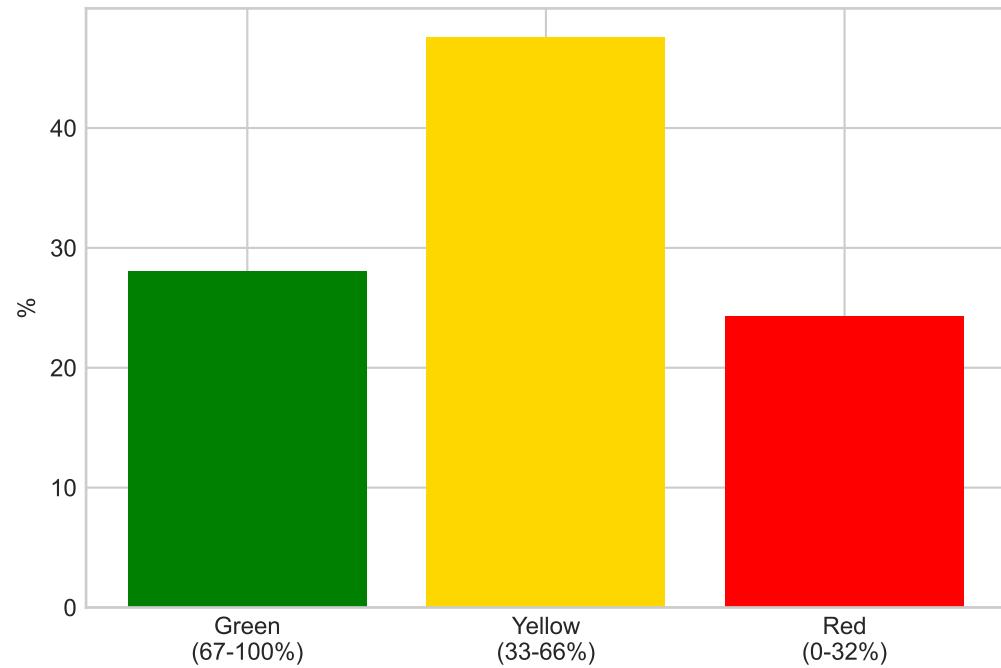
Recovery Score - Avg: 51%



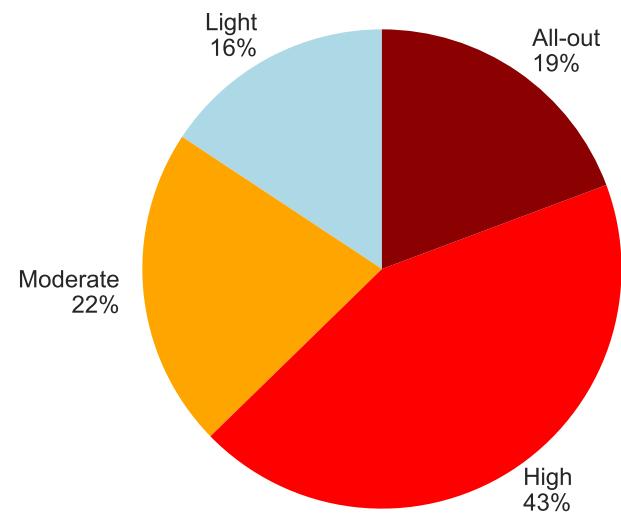
Day Strain - Avg: 14.5



Recovery Distribution

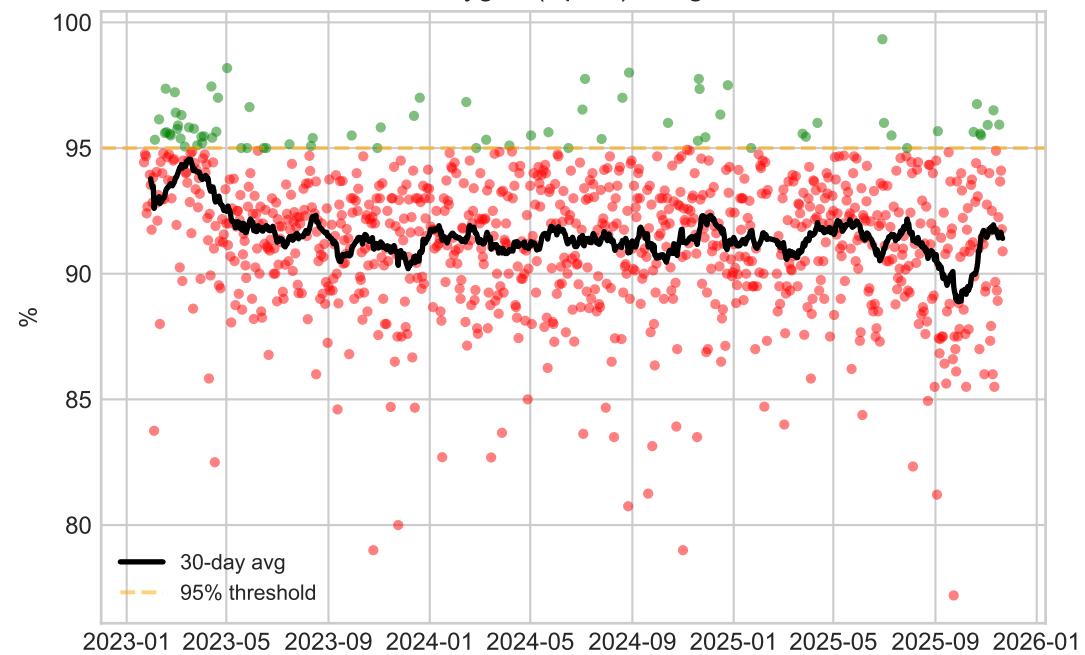


Activity Intensity Mix

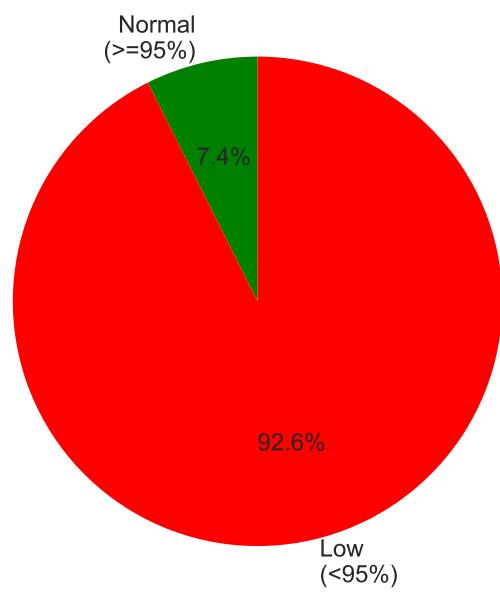


Respiratory Health

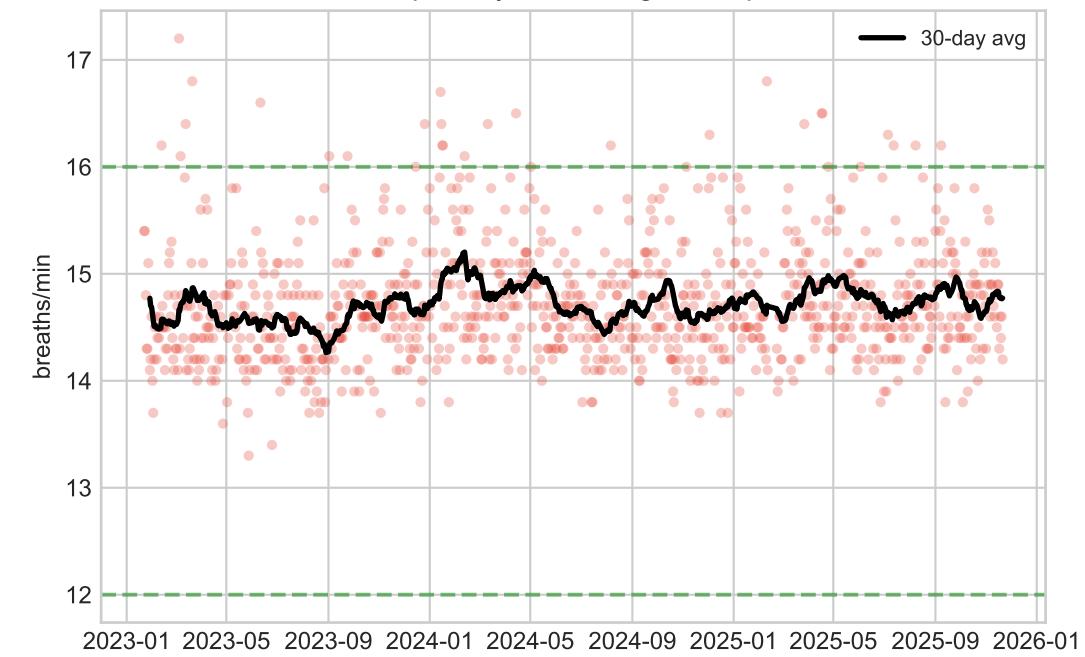
Blood Oxygen (SpO2) - Avg: 91.5%



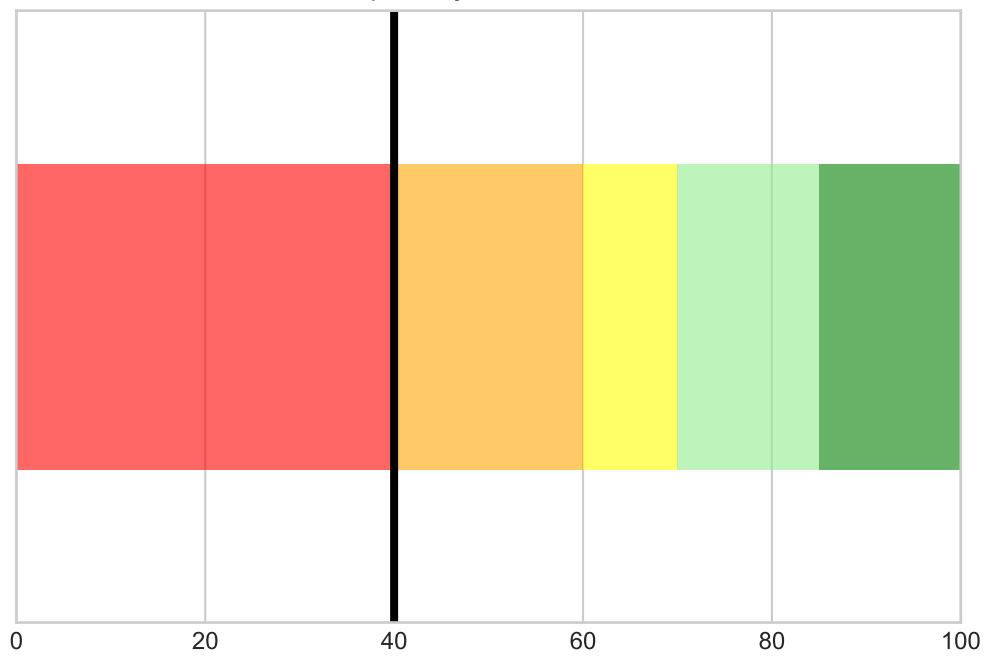
SpO2 Distribution (92.6% low)



Respiratory Rate - Avg: 14.7 rpm

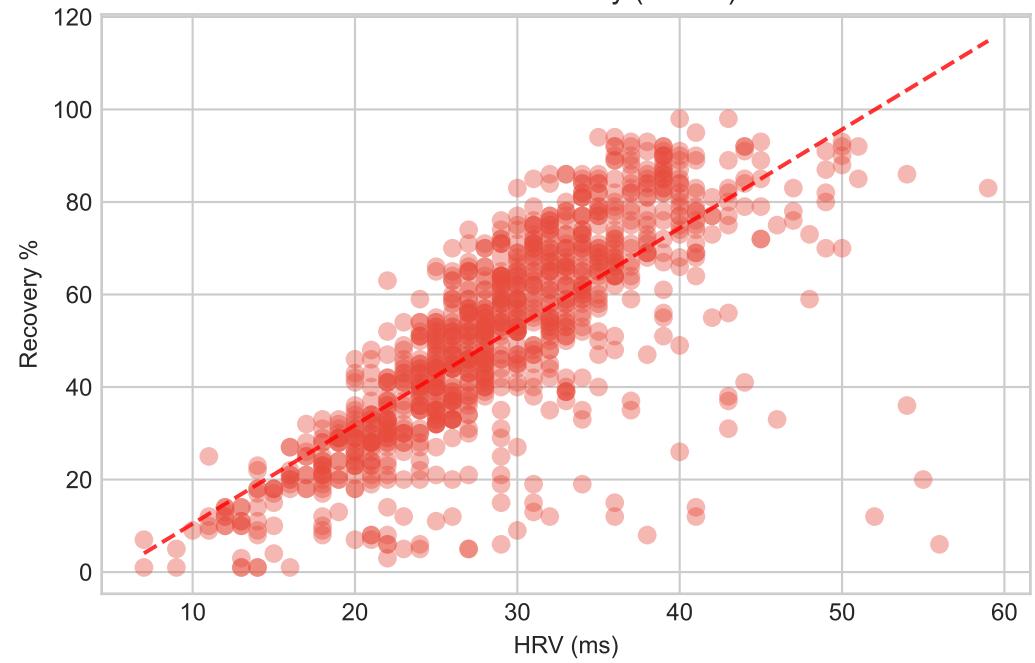


Respiratory Score: 40/100

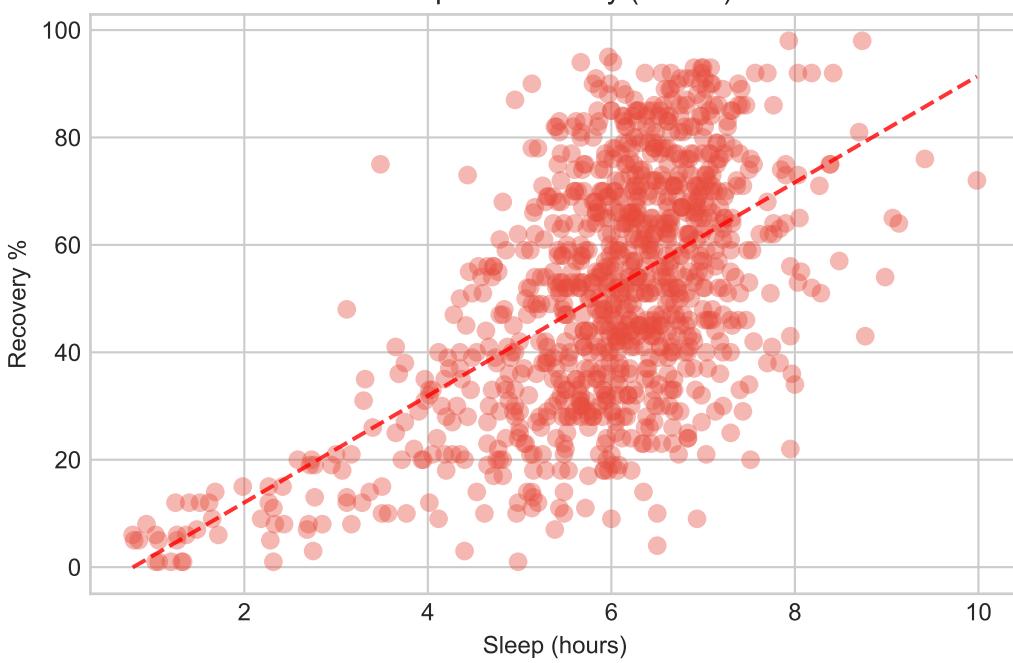


Correlation Analysis

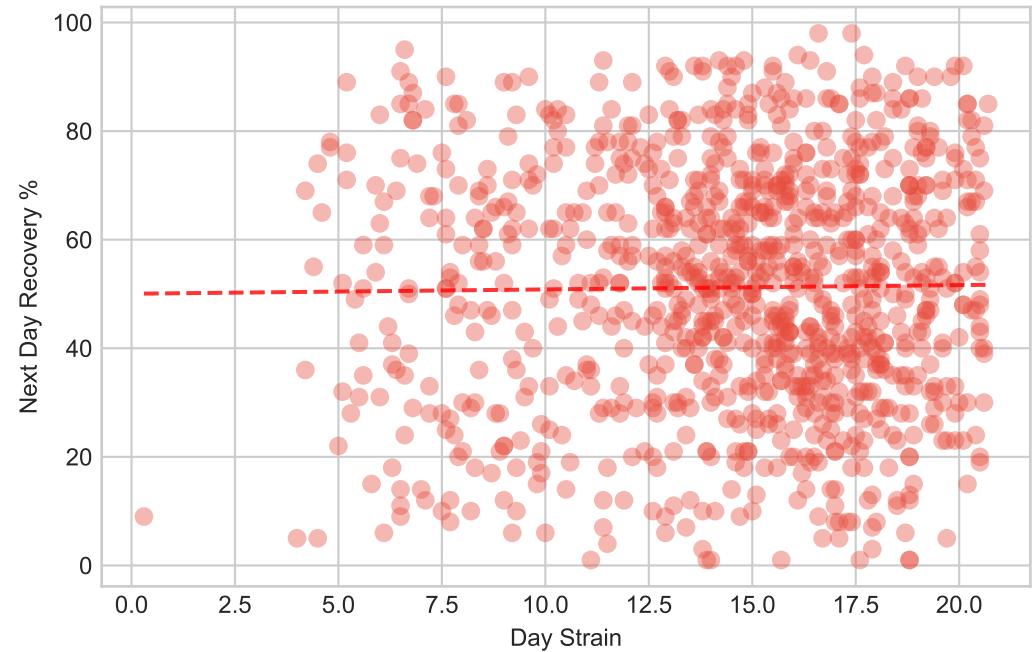
HRV vs Recovery ($r=0.76$)



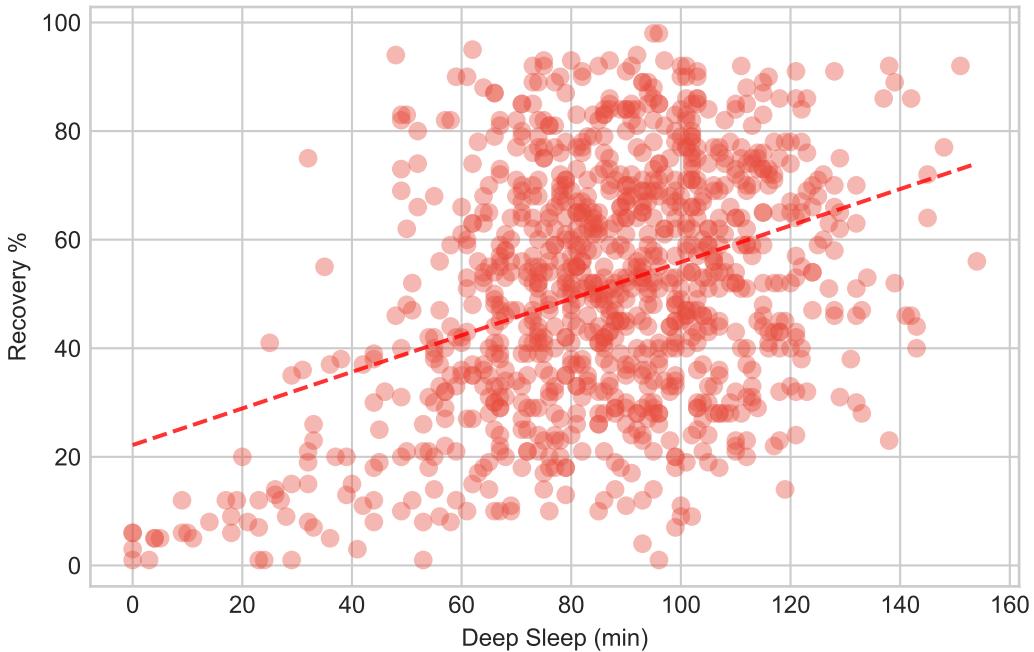
Sleep vs Recovery ($r=0.57$)



Strain vs Next Day Recovery ($r=0.01$)



Deep Sleep vs Recovery ($r=0.37$)



RECOMMENDATIONS & ALERTS

ACTIVE ALERTS

[CRITICAL] Critical: 92.6% of nights with low Sp02

[WARNING] Severe sleep debt: 109.0 min average

RECOMMENDATIONS

[HIGH] Respiratory

Finding: 92.6% of nights with Sp02 < 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 (109.0 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 (24.3%)

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.