Health Analysis Report: Dad (Il-Keun Lee)

EXECUTIVE SUMMARY

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Name: Dad (Il-Keun Lee)
Age: 62 years (60-69 bracket)
Gender: Male
Analysis Period: 2023-01-21 to 2025-11-27 (1030 days)
Generated: 2025-11-30 22:01

HEALTH SCORES
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Overall Score: 69/100 (Moderate)

   Cardiovascular: 80/100
    Respiratory: 40/100
    Sleep: 77/100
    Recovery: 51/100
   Activity: 97/100
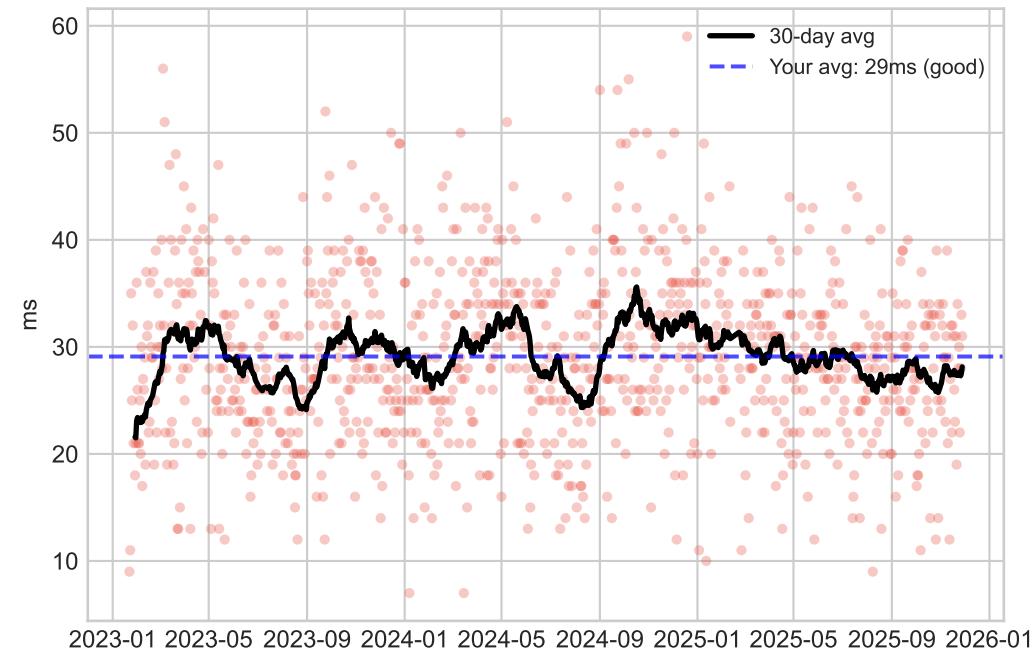
TOP RECOMMENDATIONS
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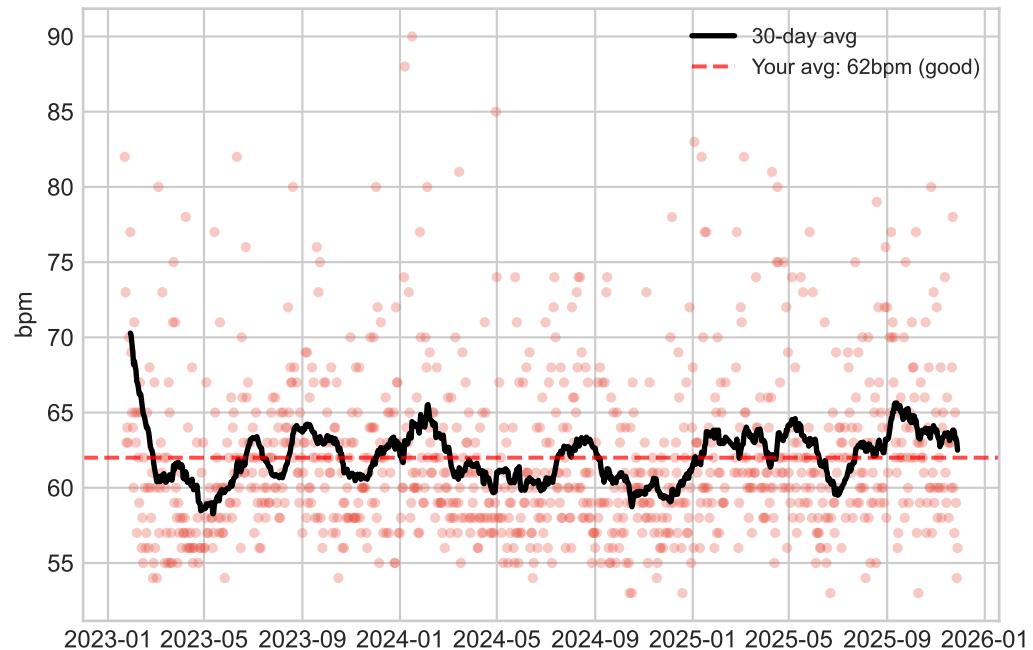
1. [HIGH] Respiratory: Screen for sleep apnea. Consider sleep study (polysomnograph...
2. [HIGH] Sleep: Aim for 7-9 hours. Establish consistent sleep/wake times. Cr...
3. [HIGH] Sleep Debt: Prioritize sleep extension. Consider 20-min naps if needed. ...

# Cardiovascular Health

HRV - -1 ms vs age median

Legend:
- 30-day avg
- Your avg: 29ms (good)
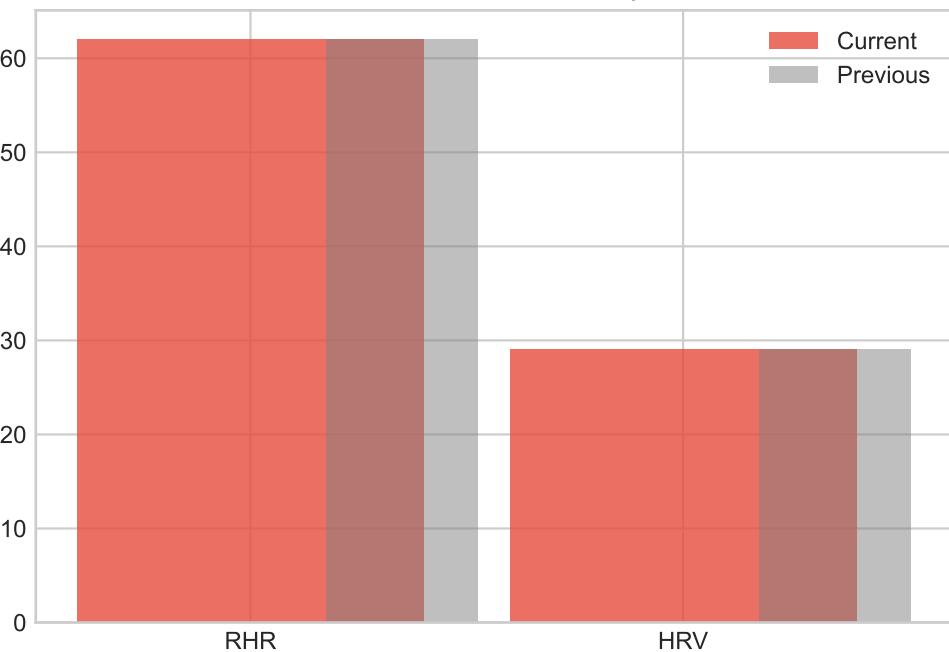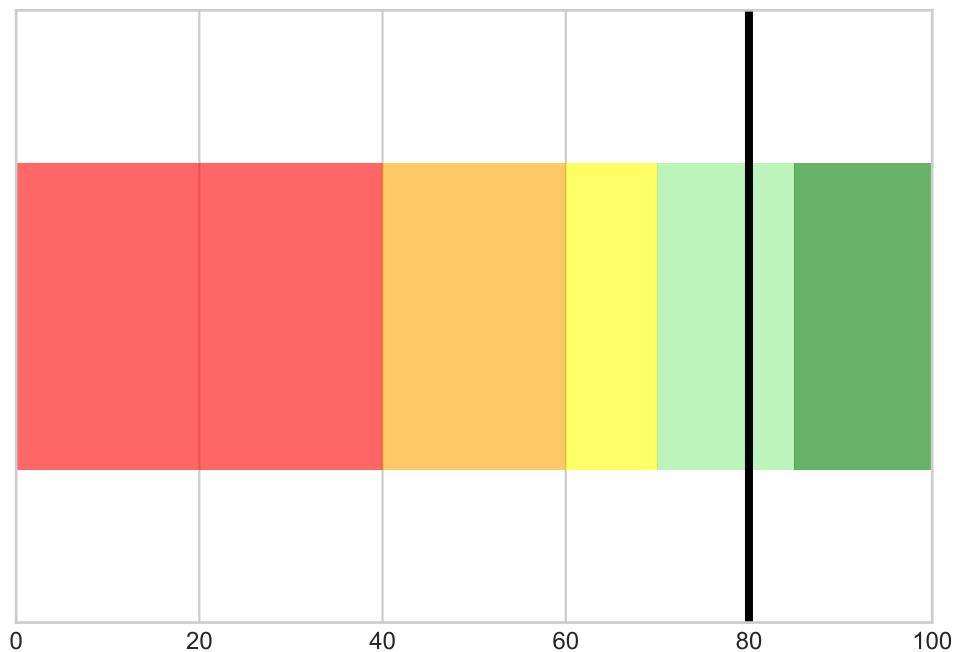
Resting Heart Rate - -6 bpm vs median

Legend:
- 30-day avg
- Your avg: 62bpm (good)

Current vs Previous Analysis

Legend:
- Current
- Previous

Categories: RHR, HRV
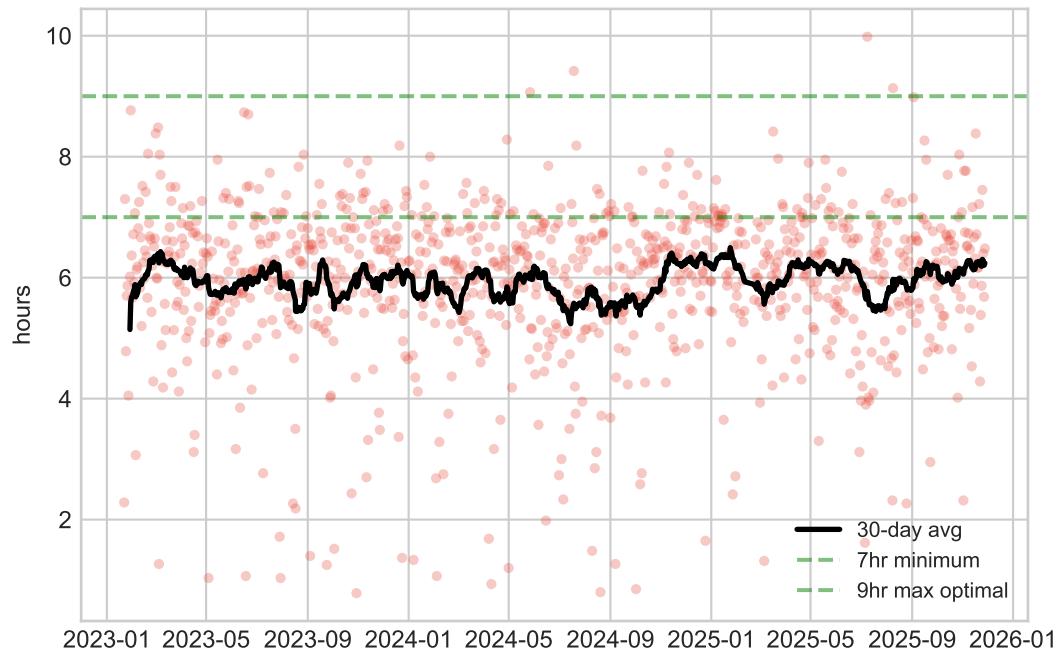
Cardiovascular Score: 80/100
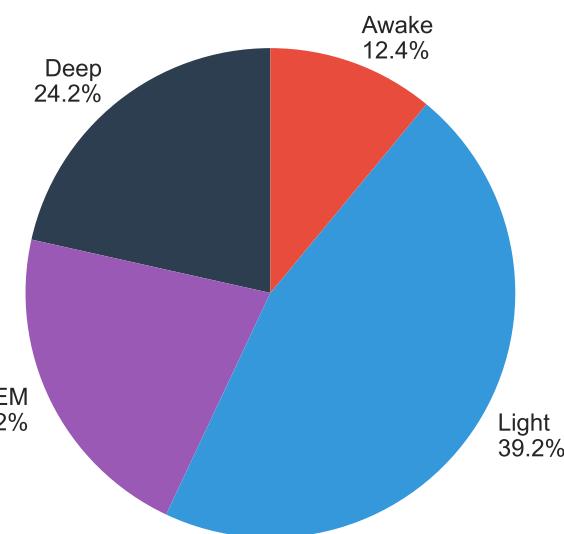
Sleep Health
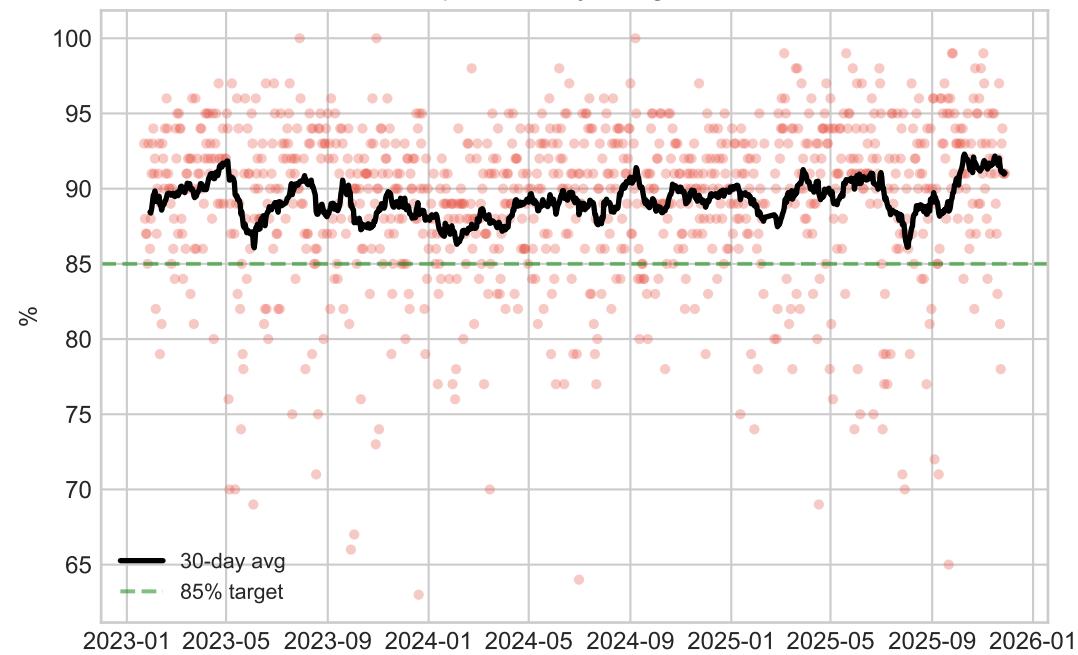
Sleep Duration - Short

hours

- **30-day avg**
- **7hr minimum**
- **9hr max optimal**
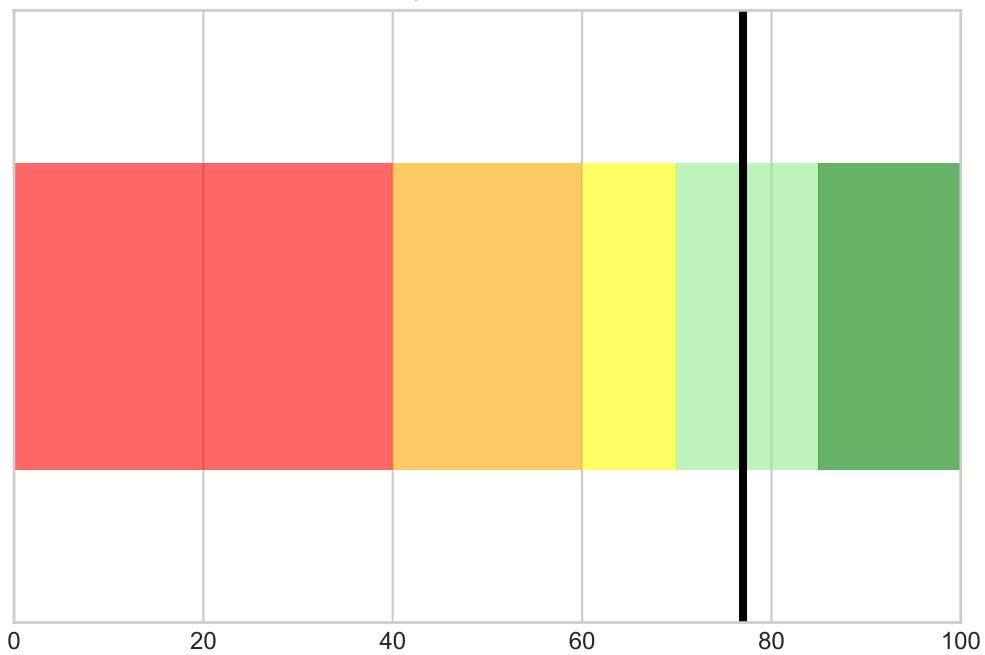
Sleep Architecture

- Awake 12.4%
- Light 39.2%
- REM 24.2%
- Deep 24.2%

Sleep Efficiency - Avg: 89.2%
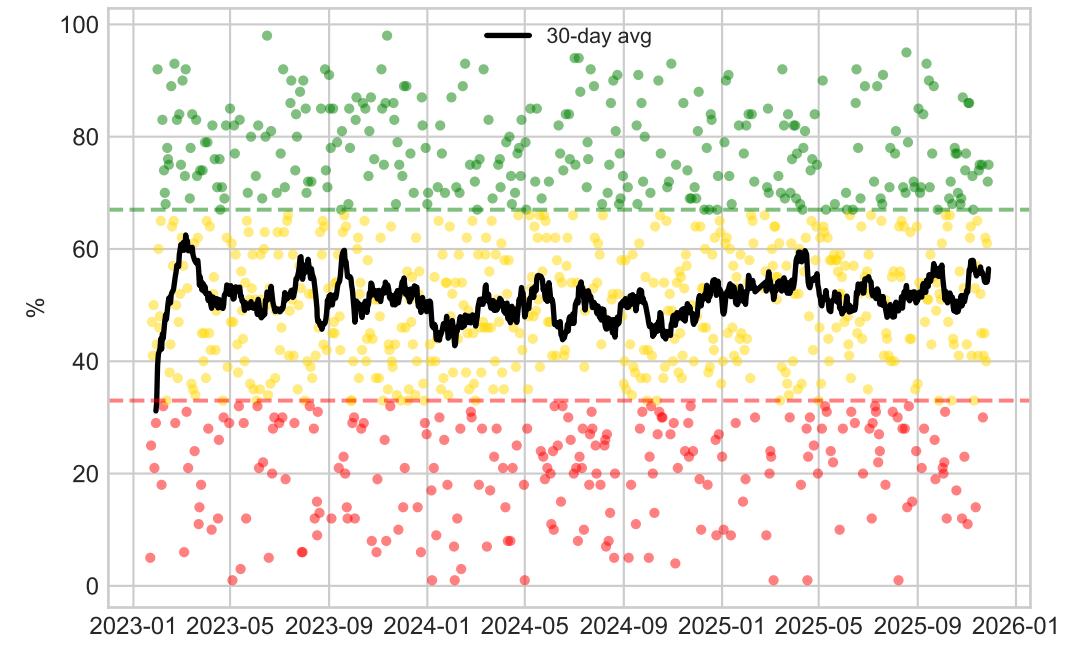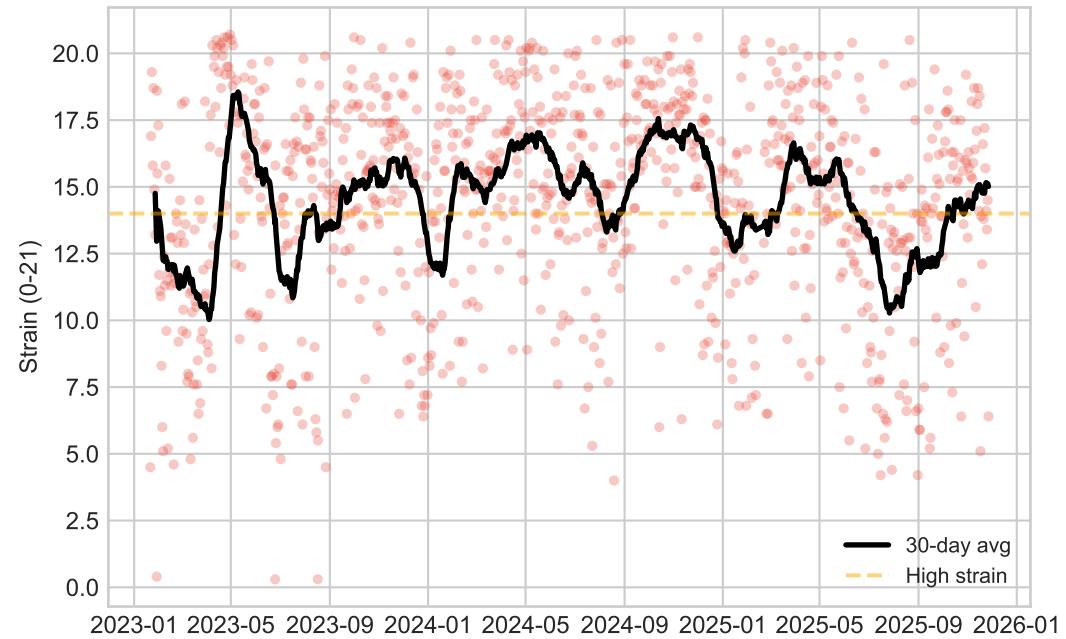
%

- **30-day avg**
- **85% target**

Sleep Score: 77/100
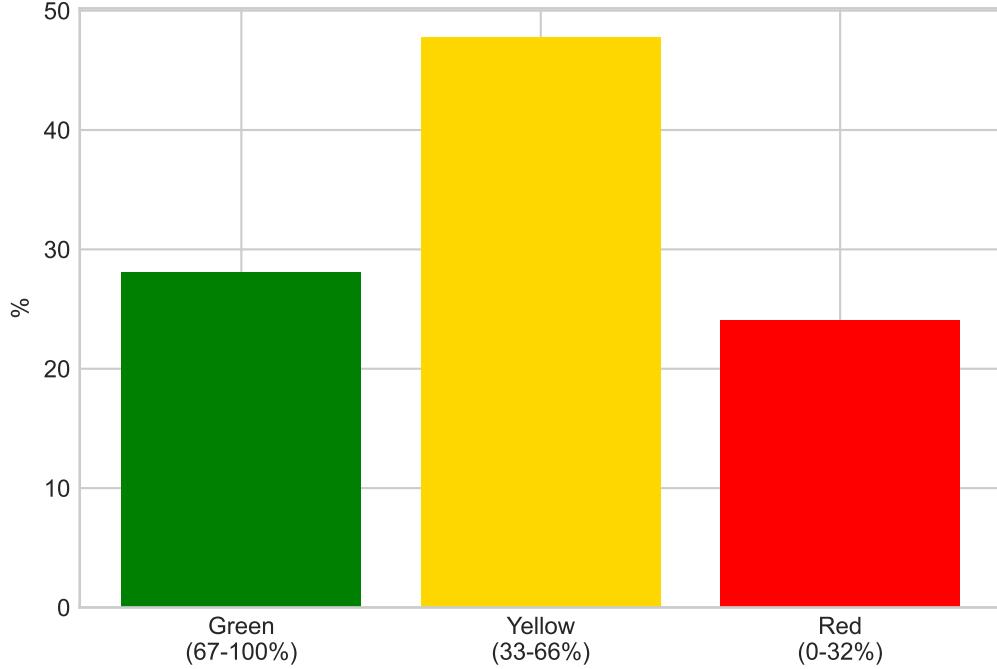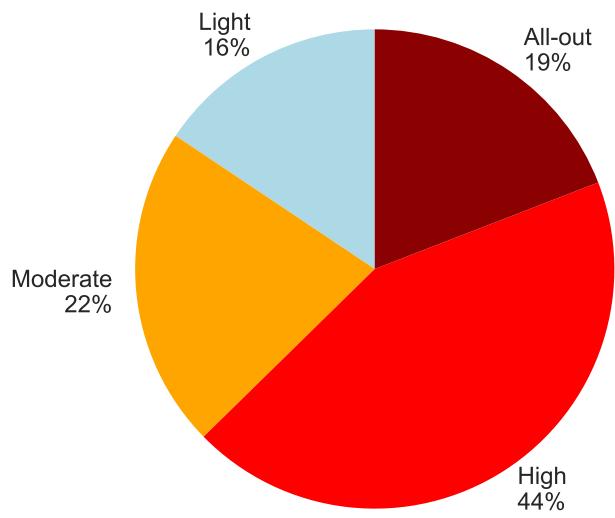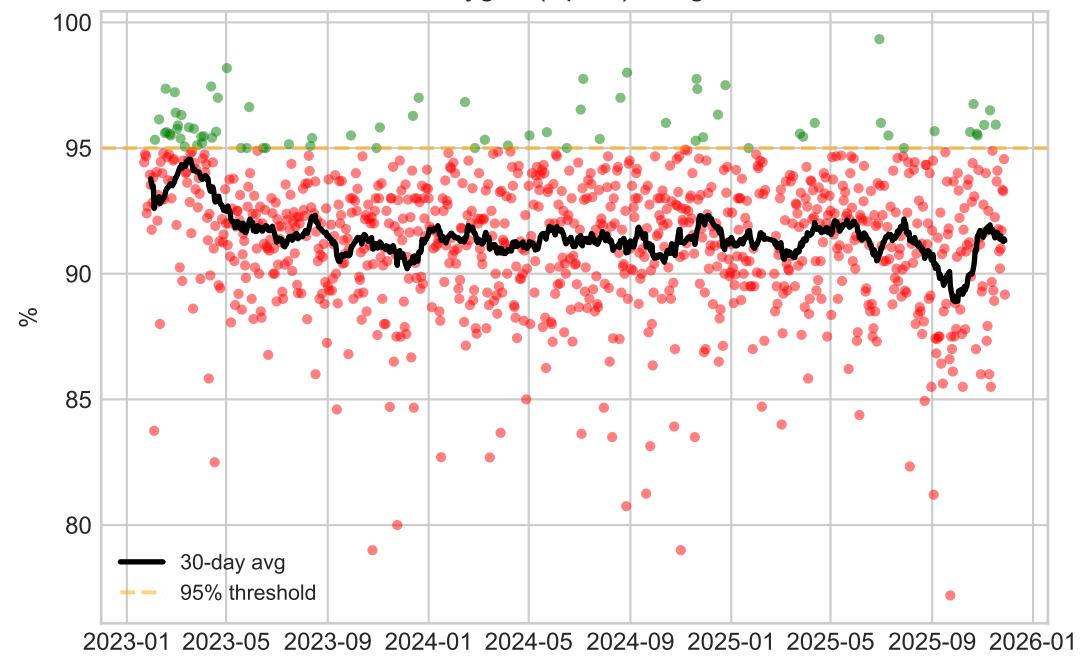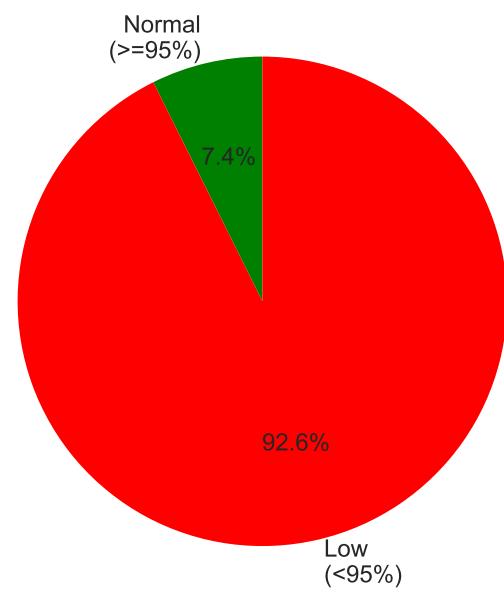
Respiratory Health
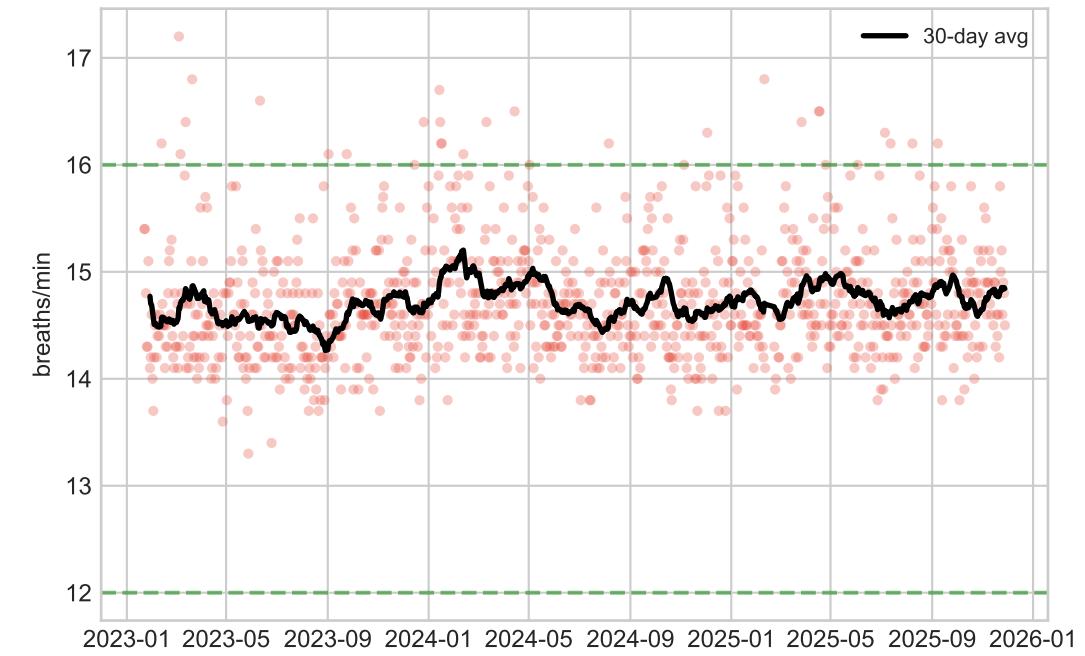
Blood Oxygen (SpO2) - Avg: 91.5%

- 30-day avg
- 95% threshold
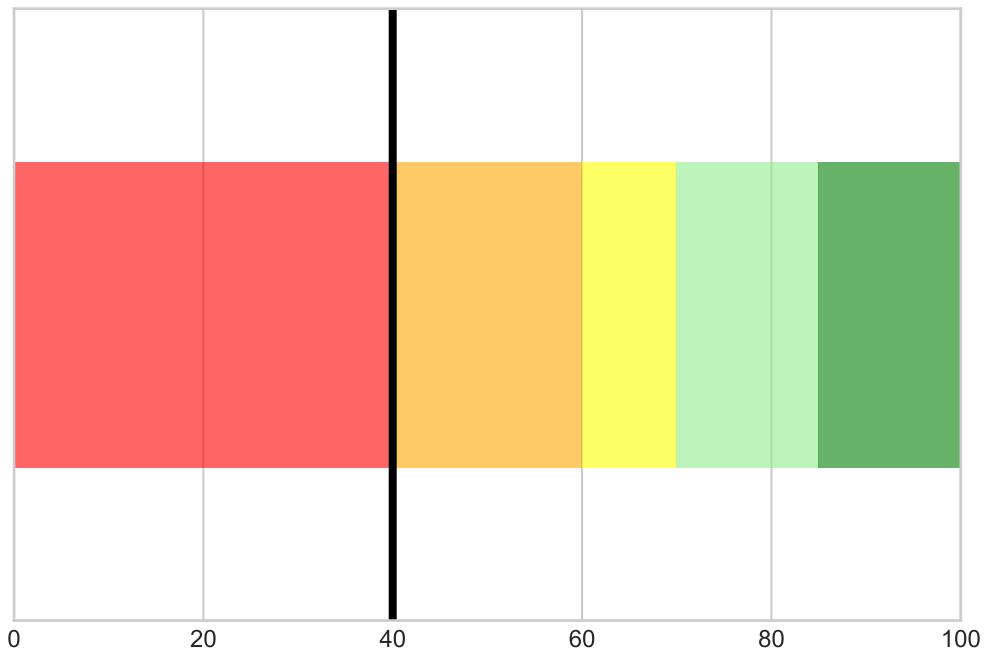
SpO2 Distribution (92.6% low)

Normal (>=95%)

7.4%

92.6%

Low (<95%)

Respiratory Rate - Avg: 14.7 rpm

- 30-day avg
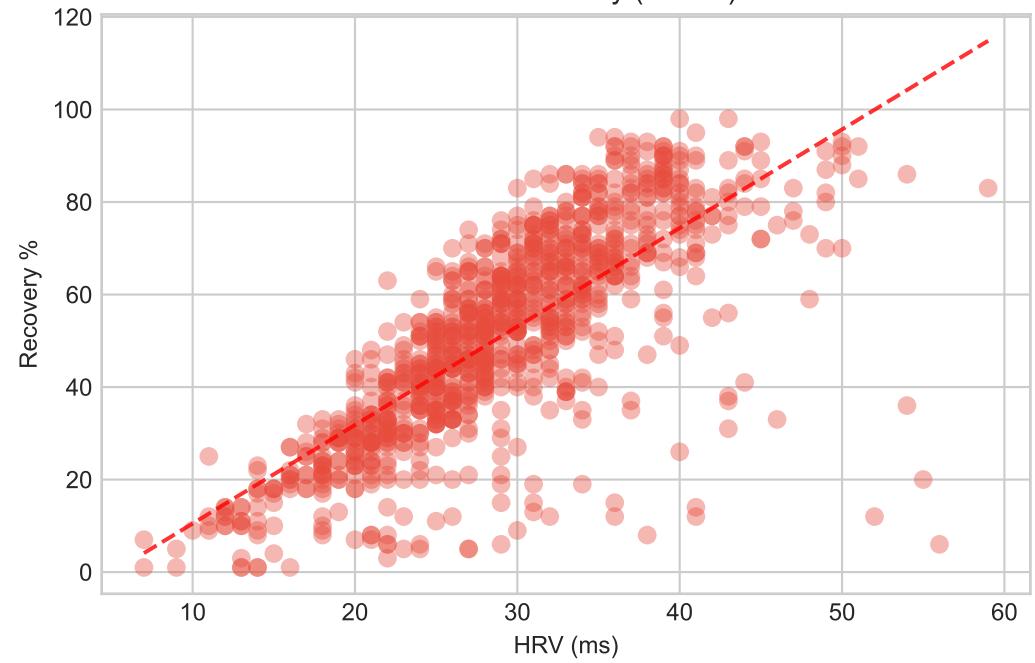
Respiratory Score: 40/100
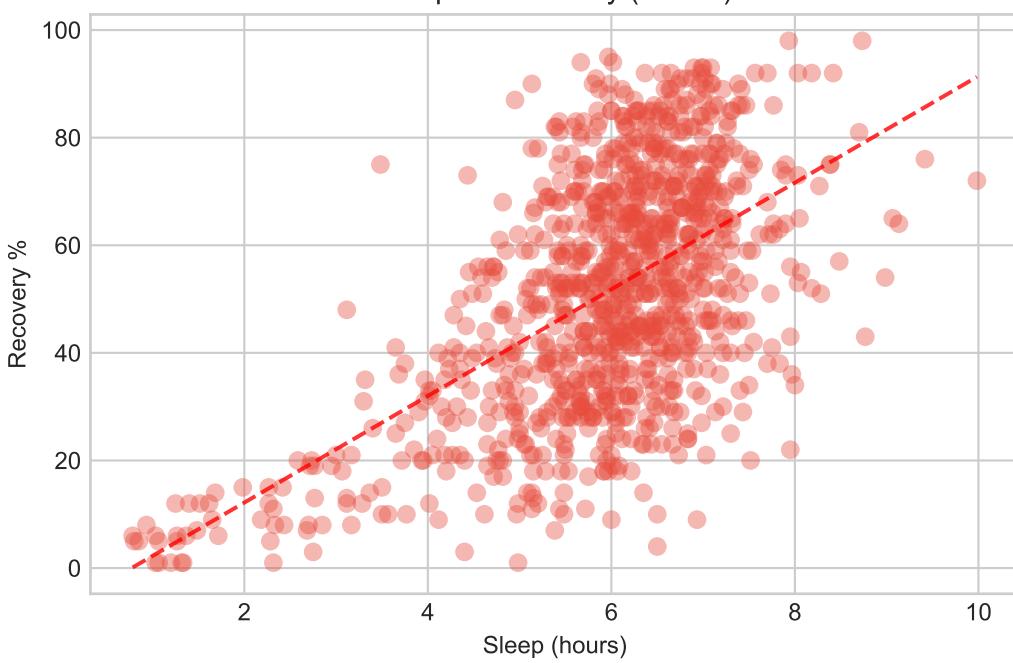
Correlation Analysis
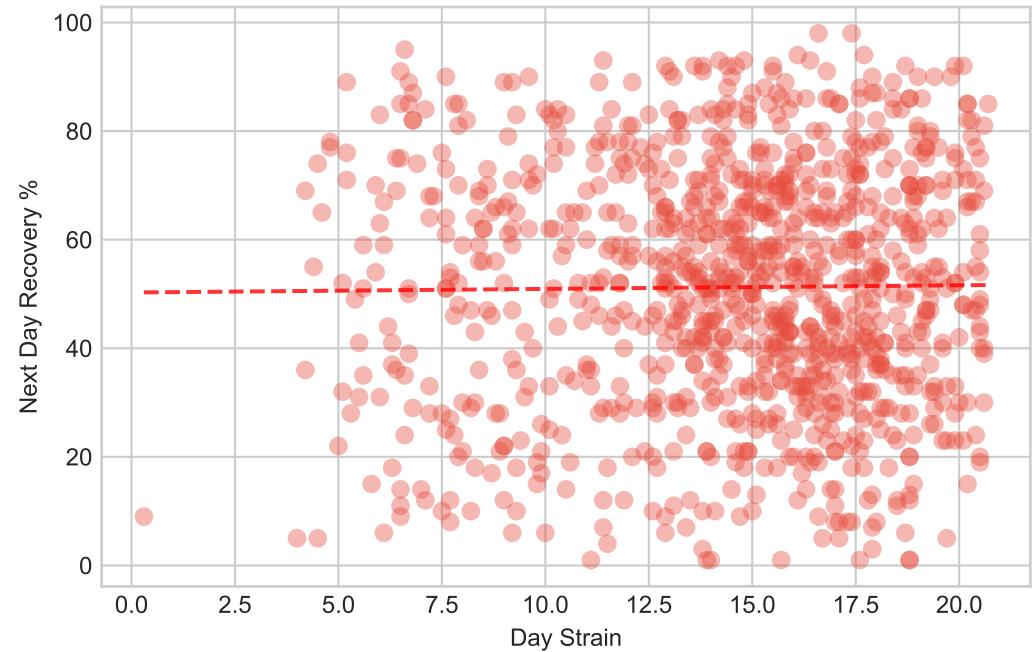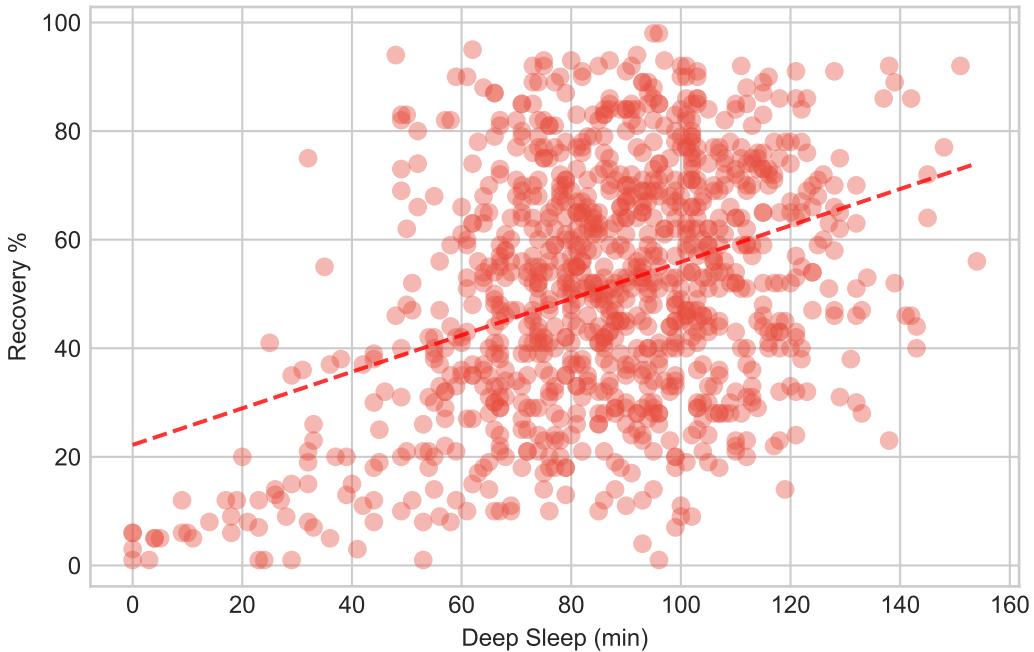
RECOMMENDATIONS & ALERTS
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ACTIVE ALERTS

[CRITICAL] Critical: 92.6% of nights with low SpO2
[WARNING] Severe sleep debt: 109.0 min average

RECOMMENDATIONS

[HIGH] Respiratory
  Finding: 92.6% 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 (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 (24.1%)
  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.