Family Health Summary Report

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FAMILY HEALTH OVERVIEW
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Snapshot ID: 20251129_f33dd31f
Generated: 2025-11-29 23:26
Individuals: 5
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HEALTH SCORES SUMMARY
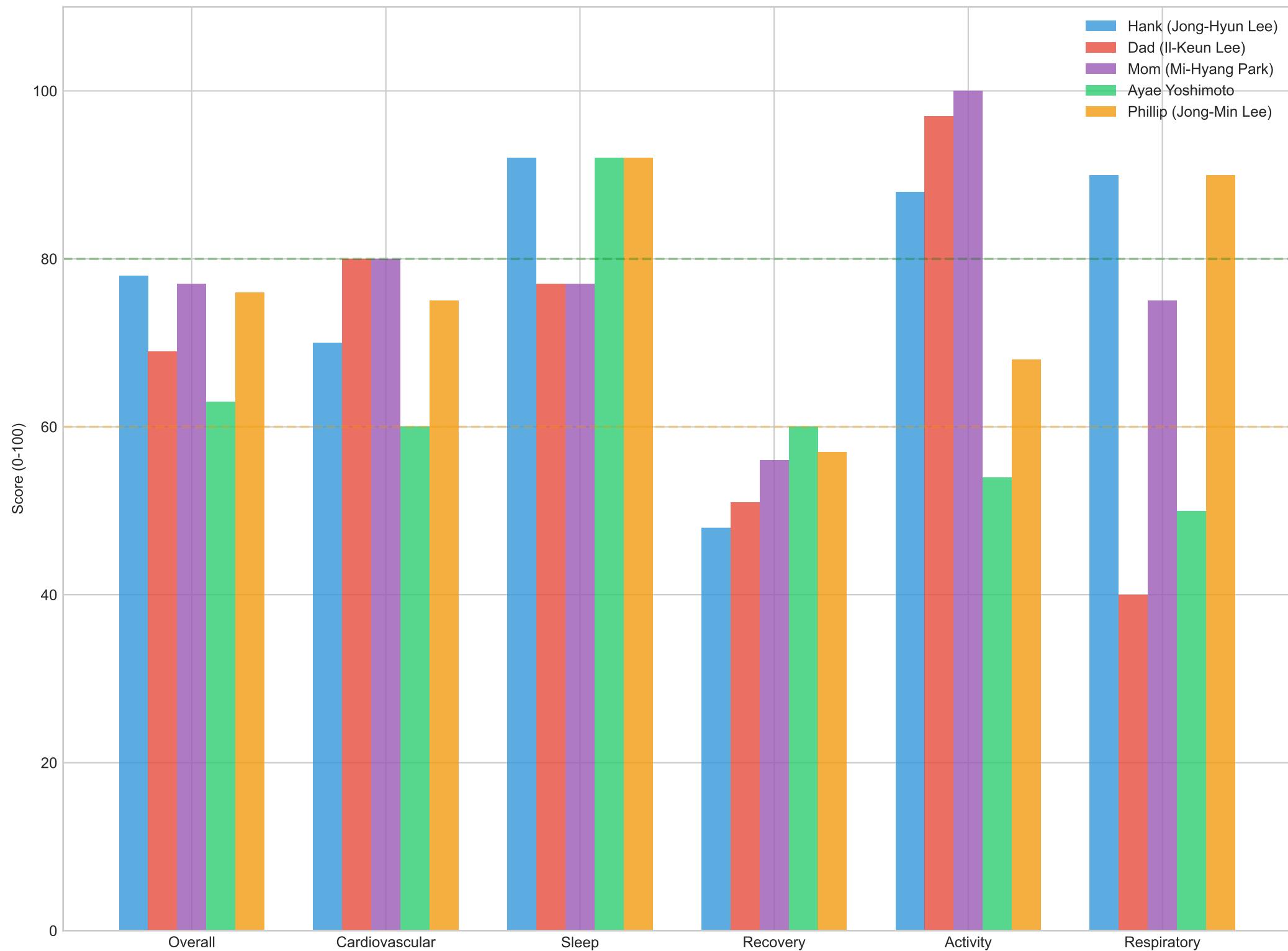
| Person	Age	Overall	CV	Sleep	Recovery
Hank (Jong-Hyun Lee)	32	78	70	92	48
Dad (Il-Keun Lee)	62	69	80	77	51
Mom (Mi-Hyang Park)	60	77	80	77	56
Ayae Yoshimoto	31	63	60	92	60
Phillip (Jong-Min Lee)	28	76	75	92	57

TOP FAMILY CONCERNS
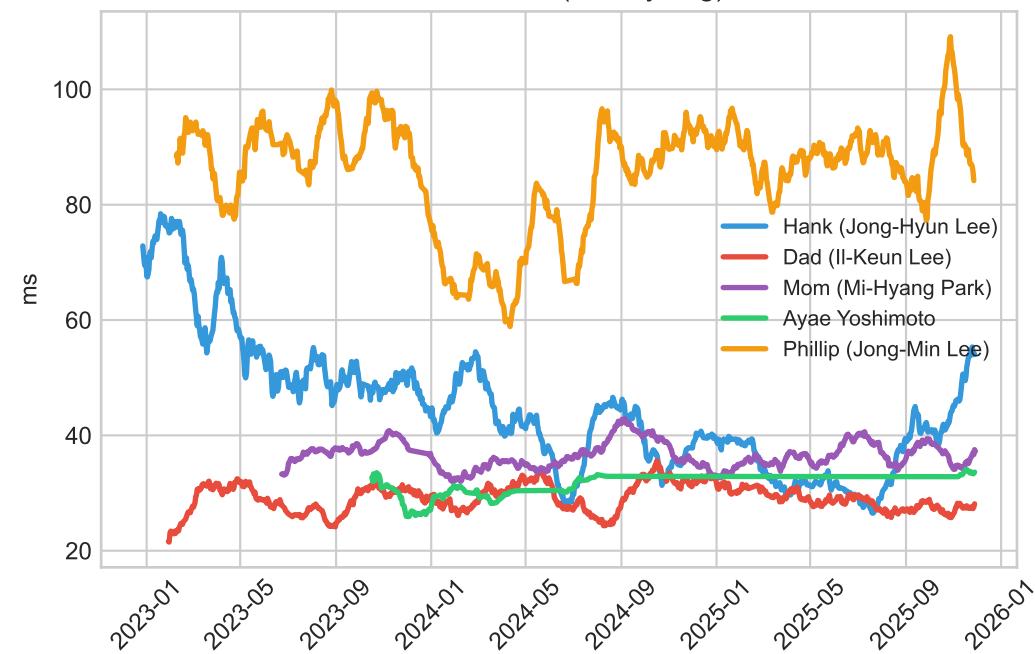
- Hank (Jong-Hyun Lee): Respiratory - 8.2% of nights with SpO2 < 95%...
- Hank (Jong-Hyun Lee): Sleep - Insufficient sleep duration (6.4 hours avg)...
- Hank (Jong-Hyun Lee): Sleep Debt - Chronic sleep debt (69.0 min average)...
- Hank (Jong-Hyun Lee): Recovery - High percentage of poor recovery days (31.9%)...
- Dad (Il-Keun Lee): Respiratory - 92.6% of nights with SpO2 < 95%...

Health Score Comparison
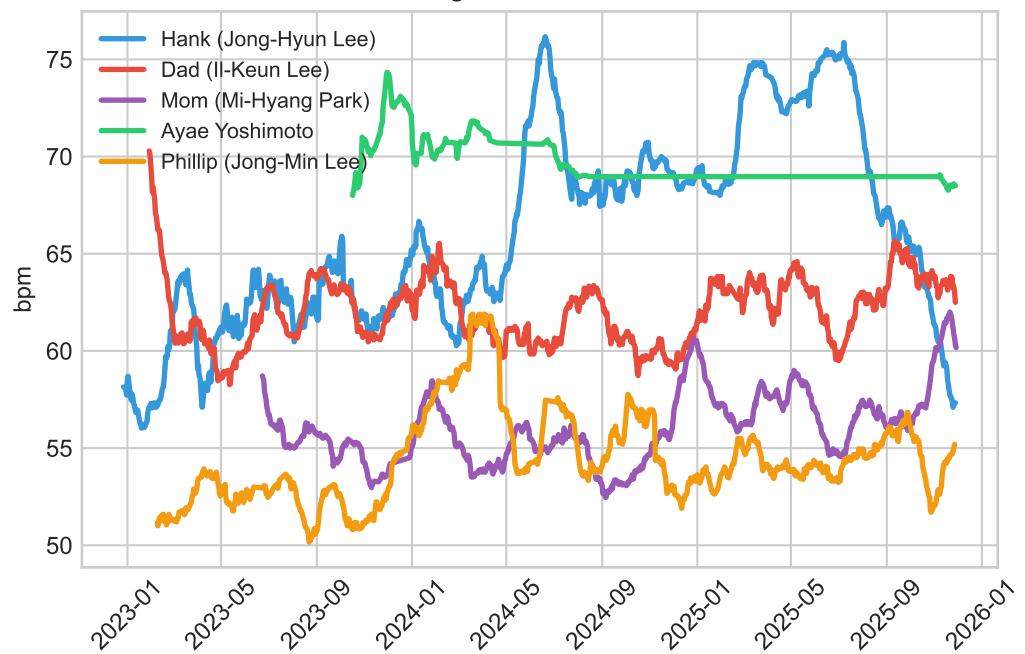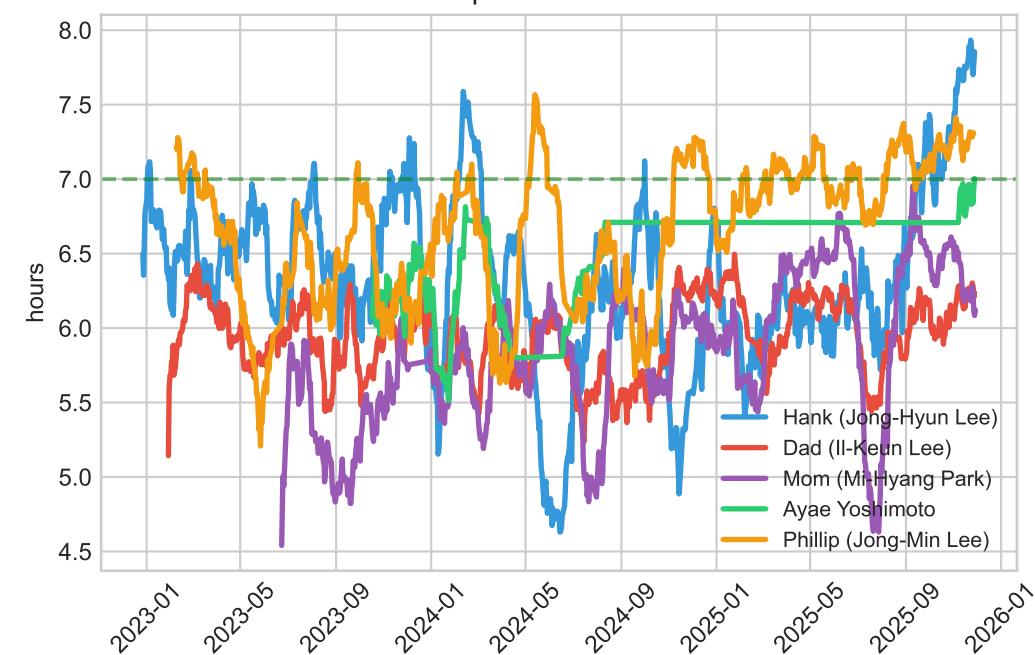
Key Metric Trends
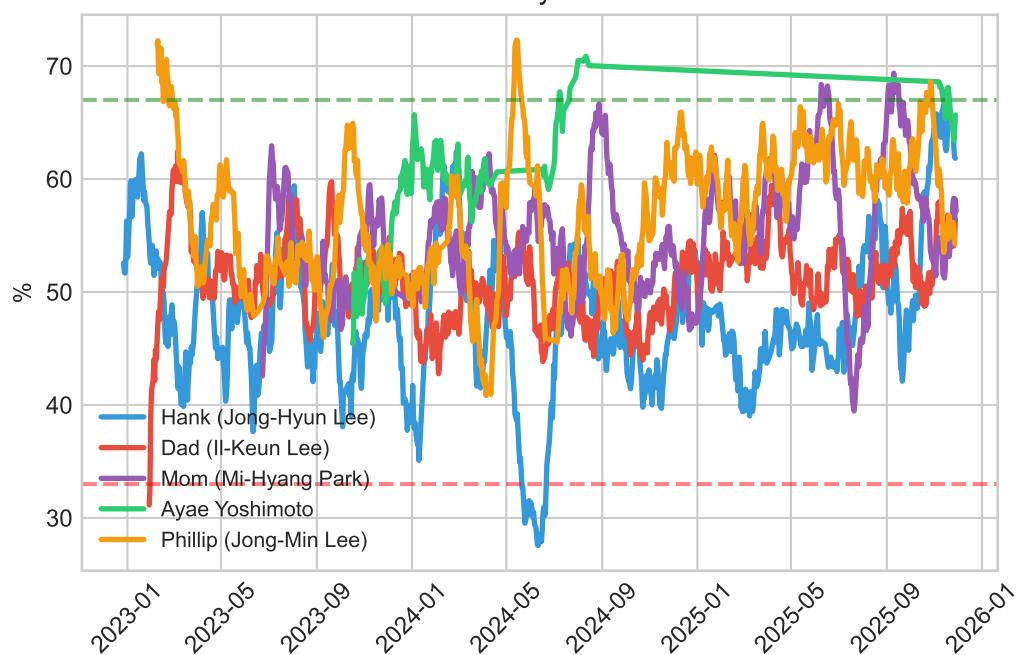
Hank (Jong-Hyun Lee) - Quick Summary

Health Profile

Hank (Jong-Hyun Lee)
Age: 32 (Male)
Data: 1025 days

KEY METRICS
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RHR: 66 bpm (average)
HRV: 45 ms (good)
Sleep: 6.4 hrs (acceptable)
SpO2: 96.8% (normal)
Recovery: 48% (26% green days)

RECOMMENDATIONS
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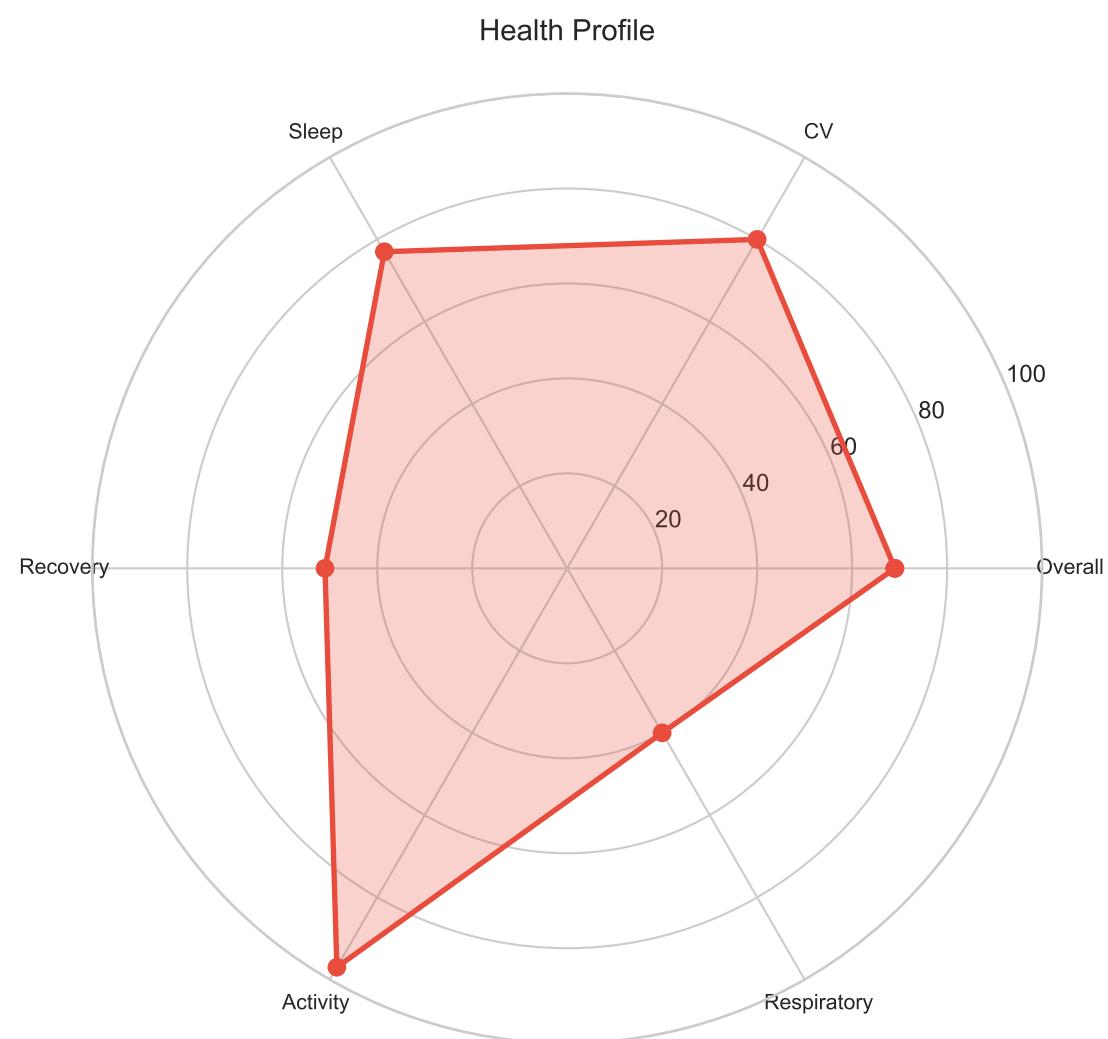
[HIGH] Respiratory
[HIGH] Sleep
[HIGH] Sleep Debt

Dad (Il-Keun Lee) - Quick Summary

Health Profile


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Dad (Il-Keun Lee)
Age: 62 (Male)
Data: 1030 days

KEY METRICS
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RHR: 62 bpm (good)
HRV: 29 ms (good)
Sleep: 5.9 hrs (short)
SpO2: 91.5% (concerning)
Recovery: 51% (28% green days)

RECOMMENDATIONS
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[HIGH] Respiratory
[HIGH] Sleep
[HIGH] Sleep Debt
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Mom (Mi-Hyang Park) - Quick Summary

Health Profile

Mom (Mi-Hyang Park)
Age: 60 (Female)
Data: 867 days

KEY METRICS
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RHR: 56 bpm (good)
HRV: 37 ms (good)
Sleep: 5.9 hrs (short)
SpO2: 92.7% (low_normal)
Recovery: 56% (32% green days)

RECOMMENDATIONS
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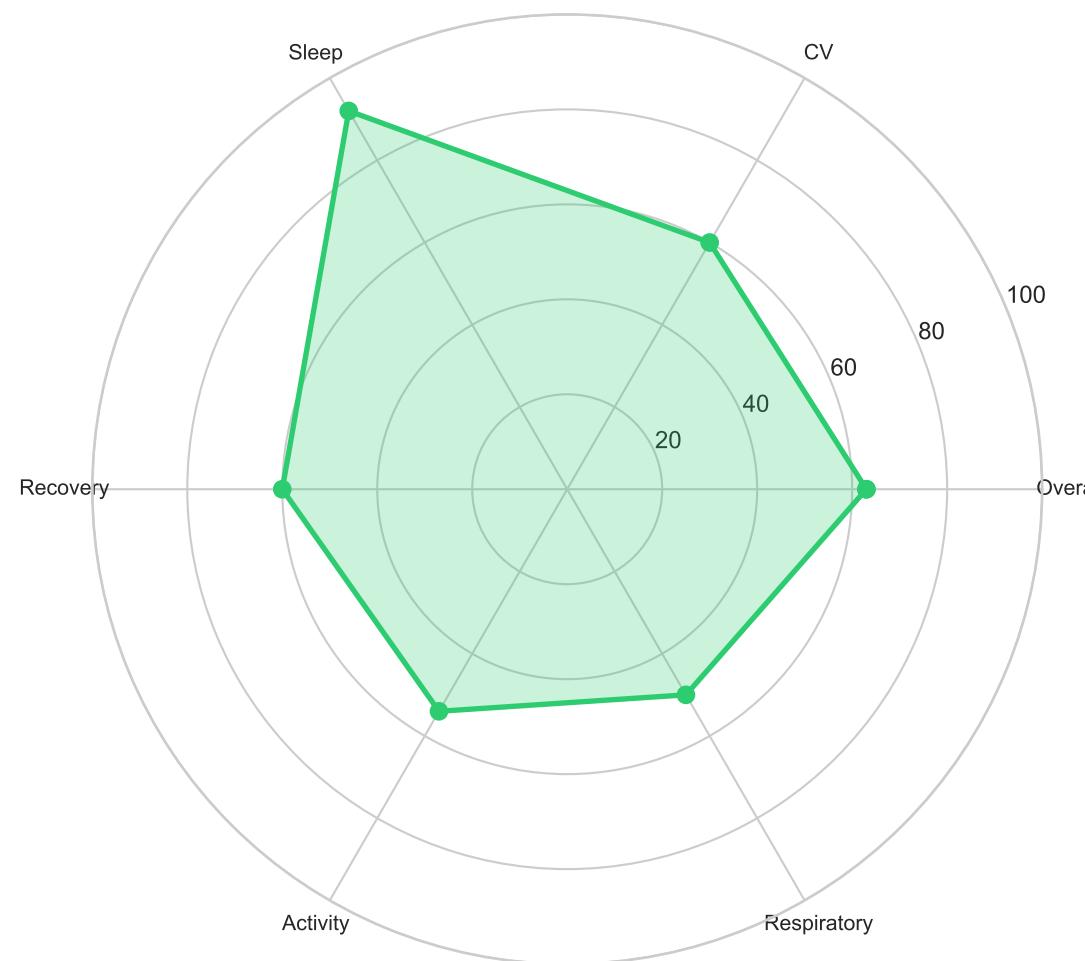
[HIGH] Respiratory
[HIGH] Sleep
[HIGH] Sleep Debt

Ayae Yoshimoto - Quick Summary

Health Profile


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Ayae Yoshimoto
Age: 31 (Female)
Data: 228 days

KEY METRICS
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RHR: 70 bpm (average)
HRV: 30 ms (average)
Sleep: 6.4 hrs (acceptable)
SpO2: 94.9% (unknown)
Recovery: 60% (41% green days)

RECOMMENDATIONS
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[HIGH] Respiratory
[HIGH] Sleep
[MEDIUM] Activity
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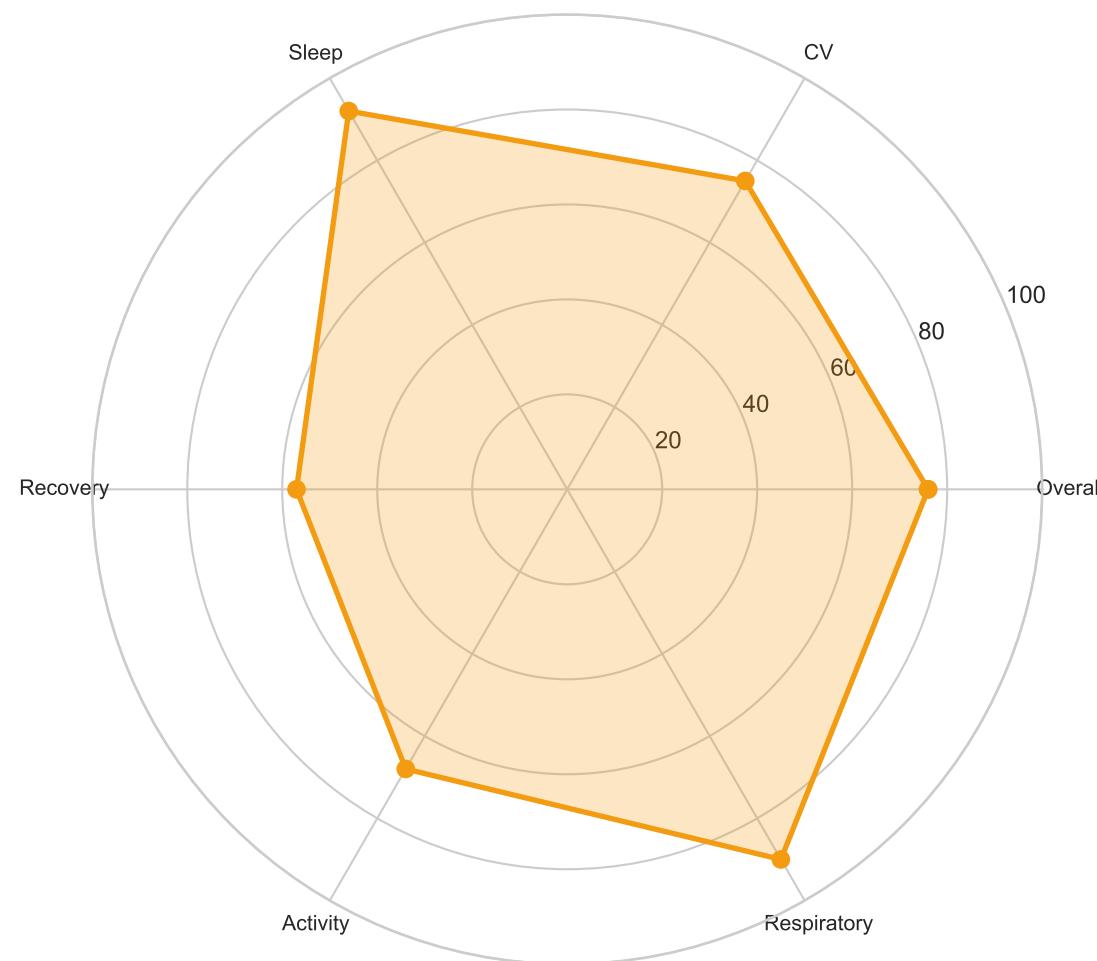
Phillip (Jong-Min Lee) - Quick Summary

Health Profile


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Phillip (Jong-Min Lee)
Age: 28 (Male)
Data: 954 days

KEY METRICS
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RHR: 54 bpm (unknown)
HRV: 86 ms (excellent)
Sleep: 6.7 hrs (acceptable)
SpO2: 95.2% (normal)
Recovery: 57% (40% green days)

RECOMMENDATIONS
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[HIGH] Respiratory
[HIGH] Sleep
[MEDIUM] Activity
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METHODOLOGY & CITATIONS
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This health analysis uses evidence-based medical benchmarks from the following sources:

CARDIOVASCULAR METRICS
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Resting Heart Rate:
   Source: American Heart Association (AHA) 2024
   URL: https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings

Heart Rate Variability:
   Source: Whoop & Clinical Studies Meta-Analysis 2024
   Note: HRV benchmarks are age-adjusted, as HRV naturally declines with age.

RESPIRATORY METRICS
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Blood Oxygen (SpO2):
   Source: WHO & CDC Pulse Oximetry Guidelines 2024
   Normal range: 95-100%

Respiratory Rate:
   Source: Clinical Guidelines (Cleveland Clinic 2024)
   Normal range: 12-16 breaths/min

SLEEP METRICS
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Duration & Architecture:
   Source: National Sleep Foundation 2024
   Optimal duration: 7-9 hours for adults

DISCLAIMER
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This analysis is for informational purposes only and should not replace professional medical advice. For any health concerns, consult with qualified healthcare providers.

Generated by Health Analysis Pipeline v1.0.0
Analysis Date: 2025-11-29