Dataset: garmin_SleepData.json

Format: JSON file

Sleep Monitoring Device: Garmin Venu 2 Sq

Dates Monitored: 02/29/2024-03/08/2024, 03/19/2024-03/21/2024, 03/23/2024, 03/25/2024.

Description: For each night of sleep, variables measuring sleep time, sleep respiration rate and various other factors were collected using an accelerometer and heart rate sensor.

Variables:

"sleepStartTimestampGMT": Timestamp indicating the start of sleep (GMT).

"sleepEndTimestampGMT": Timestamp indicating the end of sleep (GMT).

"calendarDate": Calendar date when sleep variables were measured (GMT).

"sleepWindowConfirmationType": ENHANCED_CONFIRMED_FINAL and ENHANCED_CONFIRMED both mean that sleep data was collected from a device capable of running an enhanced sleep analysis to detect REM sleep, and no further updates or refinements to this sleep analysis are expected.

"deepSleepSeconds": Duration of deep sleep in seconds.

"lightSleepSeconds": Duration of light sleep in seconds.

"remSleepSeconds": Duration of REM sleep in seconds.

"awakeSleepSeconds": Duration of time spent awake during interrupted sleep period in seconds.

"unmeasurableSeconds": Duration of unmeasurable sleep in seconds.

"averageRespiration": Average respiration rate during sleep.

"lowestRespiration": Lowest recorded respiration rate during sleep.

"highestRespiration": Highest recorded respiration rate during sleep.

"retro": unspecified