

# User data report

Daily report for December 13, 2022

## Overview Smart Textile & VivoSmart 5

### Smart Textile



Collected data: 24 hours

- Night: 6 hours
- Day: 18 hours
- Rest: 16 hours
- Activity: 8 hours

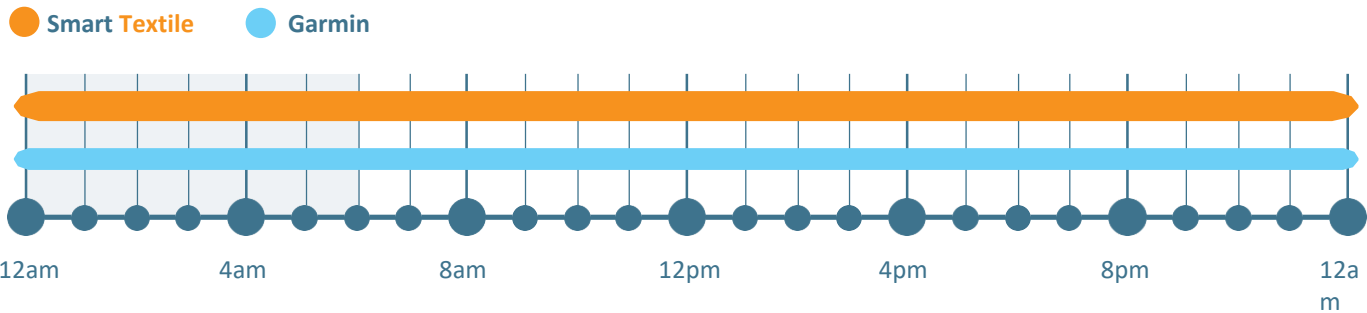
### Garmin watch



Collected data: 24 hours

- Night: 6 hours
- Day: 18 hours
- Rest: 16 hours
- Activity: 8 hours

## Duration of data collection



## Health overview

### Cardiology

- Tachycardia !
- Bradycardia !
- QTc Length anomaly x
- HR high 156 bpm
- HR resting 65 bpm
- HRV resting 150 ms

### Respiratory

- Tachypnea !
- Bradypnea x
- BR high 22 brpm
- BR resting 12 brpm
- BRV resting 12 s

### Steps

- Number of steps 1654
- Goal 6955
- Distance 4.2 km

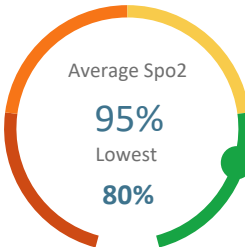
### Stress

- Rest 10h 04m (40%)
- Low 3h 48m (30%)
- Medium 2h 30m (20%)
- High 1h 53m (10%)



### Pulse Ox

- 90 - 100 %
- 80 - 89 %
- 70 - 79 %
- < 70 %



### Sleep score

- Deep 126 min (30%)
- Light 210 min (50%)
- REM 63 min (15%)
- Awake 21 min (5%)



### Calories

- Number of total calories 4234 kcals
- Active 817 kcals
- Resting 3417 kcals
- Total = Active + Resting

### Intensity Minutes

- Moderate 20 min
- Vigorous 13 min
- Total 33 min

### Body Battery

- High 95/100
- Low 5/100